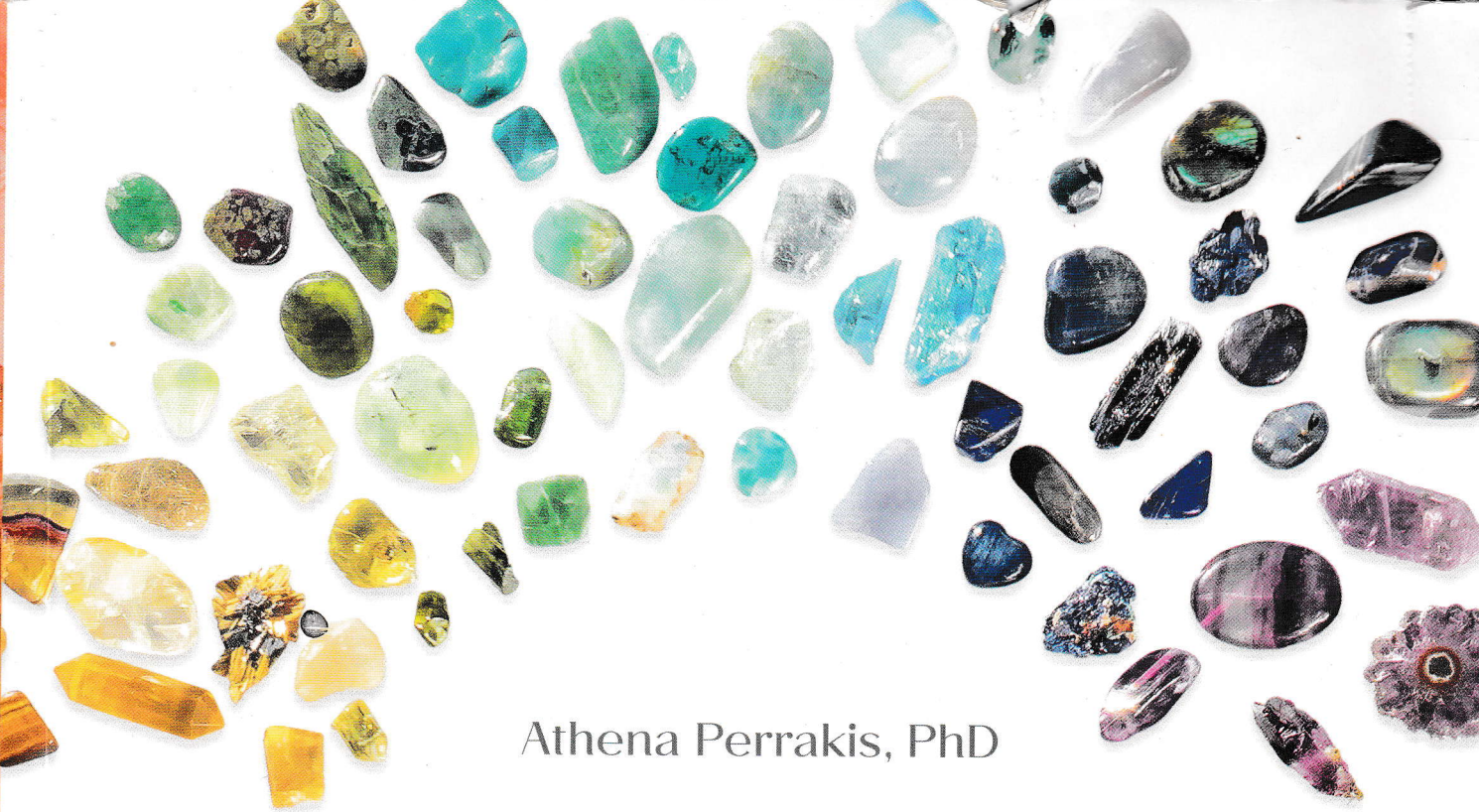
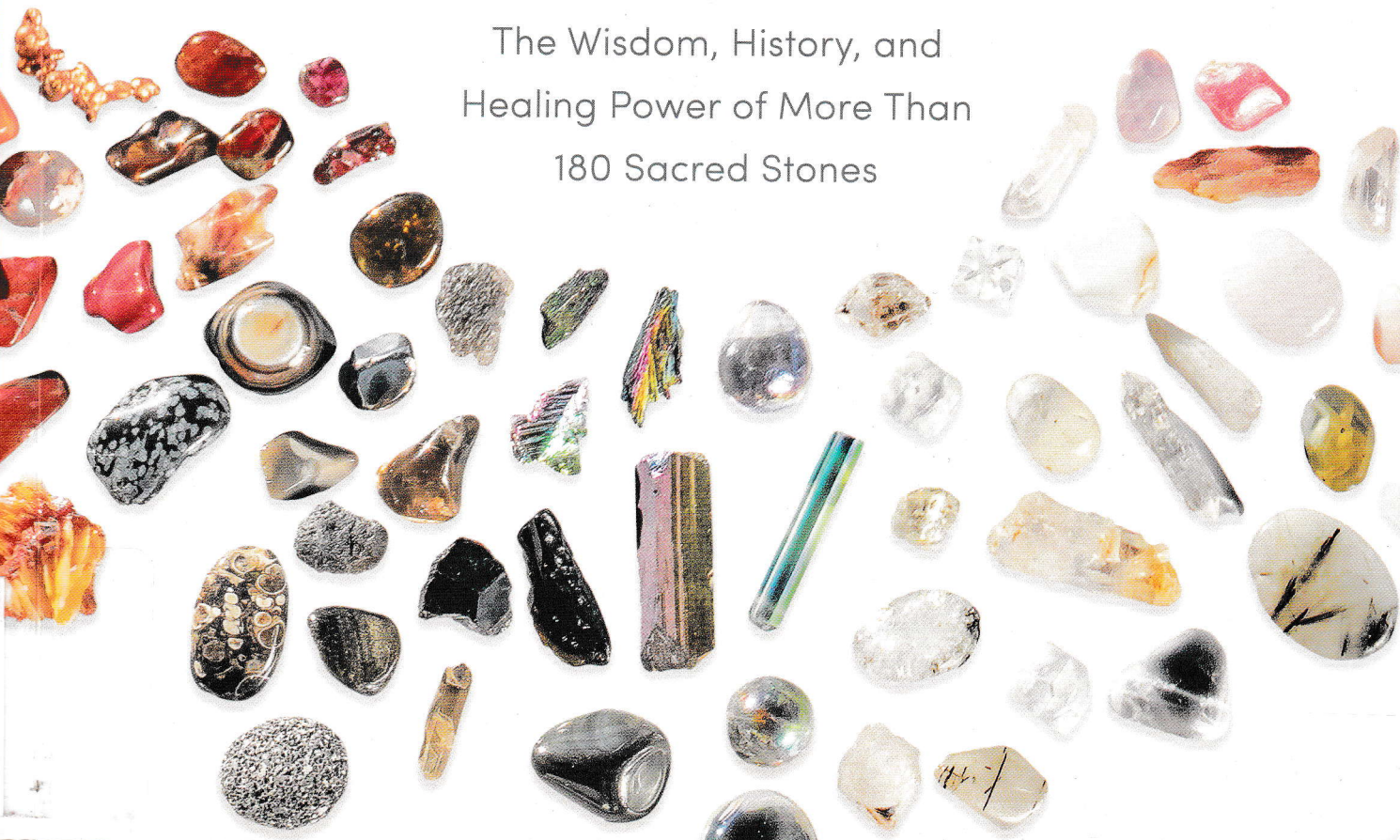


Athena Perrakis, PhD

# CRYSTALPEDIA

The Wisdom, History, and Healing Power of More Than 180 Sacred Stones



# WHY CRYSTALS ARE MODERN MAGIC

**CRYSTALS ARE HARDENED PIECES OF OUR** planet's innate wisdom, forged over millions of years in the womb of Mother Earth, growing atop and alongside the bones of your ancestors and mine. They carry the history and mystery of time and creation. They are worthy of serious study, and that study can last a lifetime. *Crystalpedia* is a comprehensive crystal encyclopedia that describes some stones never before written about, and my intention is that it will be the first and last crystal book you ever need to purchase.

I chose to create an encyclopedia because the word itself comes from the Greek *"enkyklios paideia,"* which translates to "all-around education" and is a nod to my personal lineage and heritage. Historically, encyclopedias were broad tomes of collected wisdom. The intention of this book is to offer you a reference guide *and* a well of oracular guidance. Here, you can search for a specific stone and receive wisdom tailored to your level of experience as a novice or crystal expert, or you can work with this book as an oracle to guide your journey. Simply set an intention, ask a question, and then flip through the pages until your intuition tells you to stop; then see which page you have opened to and read the description of the crystal you find there. Most likely, it is a stone you are being guided to discover. Often a crystal will reveal itself to you before you need its assistance, so if you do this exercise and find yourself thinking that you do not feel aligned with or connected to its meaning, be patient. Messages in the coming weeks or months may show you that the stone you are being called to is, in fact, your medicine.

At the same time, if you just need to know the metaphysical properties of one gem in particular, like onyx, for example, you can use the table of contents to guide you directly to the information you seek. In other words, this book is whatever *you* need it to be in the moment. Part compendium, part oracle, *Crystalpedia* will deliver the wisdom you seek. All stones are listed in alphabetical order. The magical message of each stone is a unique piece of channeled wisdom. But you will also find history, mystery, and geology to guide you if you are looking for more technical information. This book offers guidance about practical application for both beginners and advanced practitioners to meet you at your level of crystal awareness.

# CRYSTAL SECRETS:

## The Science Behind Crystal Healing

Crystals have been on this planet since its origin; the oldest known crystal dates back 4.4 billion years—a piece of zircon found on the landmass where Australia sits today. Since then, crystals have grown on every continent and are now widely accessible due to the rise of internet access and international commerce. Each crystal has its own unique crystal and chemical structure. One of the most important things for you to know as someone new to crystals or as a crystal healing expert is that *there is science behind crystal healing*. Lithotherapy (from the Greek *"lithos,"* for "stone" and *"therapeia,"* for "healing") is the practice of working with crystals to heal, attune, and align the human energetic field. While all gems can work together synergistically for healing and wellness, certain stones partner particularly well together and those partnerships are highlighted for each stone identified in this encyclopedia. Think of it like cooking: When you cook with one ingredient or spice, your dish can be delicious; but if you cook pasta with garlic *and* basil, you add another layer of magic and flavor that enhances the whole dish! It's the same with crystals. Rose quartz is a perfectly powerful love stone on its own, but it becomes even more potent when combined with yellow apatite for manifestation or pyrite for empowerment. Crystals are alchemical tools that easily harmonize their frequencies together and form energetic bonds with each other and with you.

But before we move into the metaphysical aspects of crystal healing, let's get back to basics. At their core, crystals are solid matter that contains molecules and atoms repeating internally in highly ordered and specific structures. In that way, crystals are very different from human beings: Humans have different organs and internal structures that come into healing via alignment and balance. Human equilibrium, or *homeostasis,* is supported by intentional work with crystals, whose structures and frequencies can bring our own diverse internal systems into alignment and balance. Crystals are our stabilizing and catalyzing allies in the physical and emotional healing process. And intuition is our best

human guide in choosing crystals that are right for us or our healing clients at a specific time for a specific need or purpose. When you see a crystal and think, "Oh, I *have* to have that one!" it is often because some part of you has lost equilibrium, and via lithotherapy you will find your way back to wholeness.

Crystals each have a special frequency, known as their dominant oscillatory rate (DOR). Because human beings have multiple internal organs, structures, and systems, we also have multiple DORs, and our DORs are constantly shifting based on our health and varying states of imbalance that occur naturally as a result of our interactions with one another and our environment. When the human body is imbalanced, it experiences "entropy," or a degradation of the system. Crystals can attune us to their frequencies via a process called entrainment to help us manage our internal changes, and in this way, they help bypass or at least mitigate the entropic process. Entrainment is the process by which crystals attune us quickly and effortlessly to their inherent crystal structure and DOR. This process softens entropic activity and helps increase our physical, mental, and emotional health and strength so that transformation is uninterrupted and supportive of our total wellness. When we interact with crystals, we enter a cohesive healing space.

Coherence is a state of being where the brain, heart, and all internal organs find a common vibrational frequency attuned to a desired state. Since each crystal has a singular and stable DOR, they can entrain us to a coherent and consistent frequency. In general, the more sides or facets a stone has, the higher its DOR and the faster its energy spins in the human biofield, raising our personal energetic frequency; the fewer sides a crystal has, the slower its DOR and rotation are. Crystals with a lower DOR can help calm and center the person working with them, while a crystal with a higher DOR can strengthen and motivate the user and even help overcome challenges associated with a low vibration, like depression, discouragement, anger, and grief. For this reason, scientists like Marcel Vogel believed that healing crystals should be carved with multiple facets in order to increase the rotational spin of the energy and have a more profound effect on the human biofield. Set your vision on your desired healing state and then surrender, allowing the crystals to entrain you past entropy to a new level of healing, wellness, and alignment. This space of total alignment is known as the "zero point," where vision and intention merge to create matter and form. The zero point is energy taken to its most basic level. When you align with the zero point, as crystals naturally do, all things are possible.

It is important to note that each crystal also has a hardness measurement on the Mohs or Measure of Hardness Scale, developed in 1822 by Frederich Mohs. Interestingly, the name "Mohs" contains the letters of the name of the scale but is not an acronym; its name is attributed to its creator. A stone's relative hardness is not related to its DOR, although in some cases stones that are high on the Mohs also have a higher DOR. The harder the stone, the more you can wear it and work with it absent fears of it breaking. The scale ranks 1-10, with 10 being the hardest measurement, assigned only to diamond. Thereafter, rubies and sapphires rank at a 9 and the scale decreases to stones with lower measurements. Many collectors like to consider the Mohs measurement of their stones before setting them in jewelry or incorporating them into grids, which are collections of stones designed to harness energy for a specific purpose or intention.

Now that we have considered the durability and frequency of stones, it is time to think about their energetic properties and their "charge" or the way they interact with the human biofield. Since the human energetic field is electromagnetic by nature, and because quartz is a *piezoelectric* material—meaning that under pressure its atoms create an electrical charge—it makes sense that our bodies react and respond to quartz when it is placed within our personal electromagnetic fields. This field, which extends about 2 feet in all directions around the human body, is really an energetic extension of ourselves, and while it's invisible, what happens within our field and what is placed there has a direct impact on our health, well-being, and emotional experiences. In Western culture, we often refer to "personal space," which is our generic term for the human biofield; we protect this space subconsciously because we recognize that what enters it has an effect on us. And electrical materials, like quartz, create a measurable charge when they are near us, even if we are not holding them or physically touching them. For this reason I say yes, *your crystals are working* even if you cannot see or sense what they are doing to help heal and align you.

# CRYSTAL STRUCTURES, PLATONIC SOLIDS, AND NUMEROLOGY

Crystals grow along a lattice structure that repeats in geometric shapes. Modern metaphysical descriptions of crystals often echo the significance of their internal structures—even when authors, teachers, and students are unaware of the connections. The purpose of this section is to connect the dots between crystal structure, the number of sides a crystal has, and numerical meaning, so that the reader can make connections between form and substance.

## PLATONIC SOLIDS AND SACRED GEOMETRY

Plato was an ancient Athenian philosopher who lived in the fourth century B.C.E. The *Timaeus* is one of Plato's dialogues, captured in written form by one of his students, in which he describes the formation of the universe, which he calls the *kosmos*. Composed around 360 B.C.E., the *Timaeus* is considered by many to be a lost account of the Atlantean civilization and an explanation for the imposition of time and space boundaries on an otherwise boundless, ethereal spirit world. In it, Plato speaks of the four sacred and cardinal elements—air, fire, water, earth—and how they are eternal, and yet our human experience of them is bound by time. Fire always exists, for example, but we light a match and extinguish it, which makes it a *form* and thus not *eternal*. An eternal flame exists but cannot be experienced or captured by a human inside the bounds of time and space.

So it is, Plato explains, with geometry. Sacred shapes define and delimit our human experience and conscious landscape, and yet we cannot fully understand the limits of human consciousness or even crystal consciousness through these shapes because they are bound by space and time. Each of the shapes described below is identified by Plato as one of the sacred building blocks of creation. Within each shape is a universe of creation all to itself, and each contains specific wisdom, properties, and energies replicated in crystal structure. It should come as no surprise that most crystals align with one of the platonic solids in their growth structure and properties; in many ways, gems and minerals are the building blocks of this planet.

## CRYSTAL STRUCTURE AND NUMEROLOGY

Plato taught us that there are five building blocks of natural form: the cube (hexahedron or six-sided polygon), representing the element of earth; the triangle (tetrahedron, three-sided or pyramidal polygon), representing the element of fire; the octahedron (eight-sided polygon), representing the element of air; the icosahedron (twenty-sided polygon), representing the element of water; and the dodecahedron (twelve-sided polygon), representing the element of spirit or ether, the quintessence or heaven. Renowned Greek mathematician Pappus declared in 300 C.E. that the six-sided hexagon was in fact the most "efficient" of sacred geometric shapes, capable of holding more honey than the other geometric shapes. The hexagon is contained within the platonic solids and is associated with the Hermetic principle "as above, so below," given the two triangular shapes—direct and inverted—contained within.

Cubic, hexagonal, and octahedral crystals represent **cosmic balance and foundation**. The numbers four, six, and eight represent an even balance and flow of energy. These crystals include but are not limited to pyrite, quartz, diamond, fluorite, and magnetite. Triangular or tetrahedral crystals have four sides with triangular faces. To the Egyptians in particular, the shape of the pyramid was sacred and is the reason for the formation of the pyramids built along the Giza plateau. Triangles represent the **holy trinity,** which can be seen in multiple spiritual and religious traditions as representative of **growth cycles,** i.e., Maiden, Mother, and Crone energy as well as the Christian trinity of Father, Son, and

# CRYSTAL FORMATION AND SHAPES

Crystals form and are also carved into unique shapes that each carry a unique energy and utility for magical purposes. Below are the most common shapes for crystal carving and what each represents.

## GENERATORS

Crystal generators are terminated points with flat bottoms and in general have six sides forming a point at the top. Generators do as their name suggests: They build and generate energy from bottom to top, like a fountain of energy. Their energy is linear and focused, while spheres or clusters tend to radiate energy in all directions. The reason most generators are six-sided is that most are formed of quartz, which is a hexagonal or six-sided crystal formation. Generators make excellent centerpieces for grids because they raise and hold a tight vibration of energy and gather energy from all directions to one center point of focus. The number six in sacred geometry represents the union of the spiritual and physical worlds, and the connection of human energy with spiritual power and evolution. This principle is summarized in Hermetic wisdom with the phrase "As above, so below."

## OBELISKS AND PYRAMIDS

Obelisks are similar to generators, but they have a four-sided or cubic base that forms a four-sided pyramid at the top. Our Egyptian ancestors favored obelisks because they believed that the four-sided base and three-sided faces of the obelisk reflected the energy of the sacred pyramids built at Giza, ostensibly as offerings to the sky gods. The numbers three and four represent trinity and foundational energies, the union of past, present, and future.

## SINGLE-TERMINATED POINTS OR WANDS

A single-terminated wand or point is rounded or rough on one side and pointed or "terminated" on the other. Single-terminated wands and points are often just pieces of quartz cut from large clusters. However, single-terminated points can also be carved or formed from large and even unterminated crystals. For this reason, one should always ask: Is this wand carved or naturally formed? In my experience, naturally formed points carry more power from the earth, but carved pieces are almost as potent. Single-terminated wands send energy in one direction and gather it from a secondary source on the rough or polished side; that source can be a person, an energy field, or a place. Most points and wands are made of quartz because quartz carries the highest DOR of all minerals on the planet; however, many single-terminated massage wands are carved from other stones, like bloodstone, shungite, and obsidian.

## DOUBLE-TERMINATED POINTS OR WANDS

Double-terminated points in nature are rare. They grow from a small "seed" or inception molecule of silicon dioxide, but not in matrix as most quartz crystals form, and thus grow in two directions simultaneously, forming two terminations or points. Double-terminated quartz can also form in fluid pockets, remaining after the fluid or water has receded over thousands of years, leaving the fully formed double-terminated point intact. Most double-terminated crystals, whether of quartz or other combinations, like Brandberg amethyst, have a detachment point or portal where they have been lifted from the matrix. This detachment point often has feathered, hexagonal markings to show where the double-terminated crystal formed perpendicular to the surrounding points on the mother cluster.

Just like single-terminated points and wands, double-terminated crystals sometimes grow naturally but are also carved and formed because of popular demand. Single-terminated crystals send and receive energy to and from only one direction, while double-terminated crystals act as energetic transmitters, sending and receiving energy from two directions at once. Thus, they create a stronger energetic "spin," or frequency, and are considered more potent for moving, directing, and transmuting energy. They honor in their shape the principle known as *correspondence,* that what is "above" us in the spirit world is a mirror of what is "below" us in the physical world.

## SPHERES

Spheres are completely round formations of stone that emit energy in all directions and are thus considered one of the most important shapes in crystal healing. Spheres radiate energy and fill spaces more completely than any other crystal shape. However, because they radiate energy in all directions, they also dissipate the strength of that energy. As a result, crystal healers and practitioners who prefer a tighter and more cohesive energetic experience often choose generators or wands over spheres. But if you want to bring a specific energy into your entire home, like harmony or peace, for example, a blue calcite or amethyst sphere will diffuse a gentle flow of those energies throughout your entire space for everyone to enjoy. It will be more subtle but more widely experienced.

## HEARTS

Gemstone hearts mimic the shape and energy of the human heart, connecting you with the deepest and oldest vibration of life and love. The heart chakra is the central chakra in the human energy field, and from there, energies of love reverberate up and down the central channel to activate compassion, care, and desire within the other energy centers. Place a gemstone heart over your own physical heart to calm, soothe, and balance energies in your field.

## PALM STONES

Palm stones are flat oval-shaped stones designed to be held in the palm and moved through the energy field much like a bar of soap. Begin at the Crown Chakra and pass the palm stone through the other chakras as well as over the arms and legs to cleanse and clear unwanted energies from the field. When formed of clearing stones like obsidian or shungite, palm stones can release unwanted energies and promote healing, clearing, and wellness. Or, if you are working with a manifestation or activation stone like quartz, you can work with palm stones to open and balance the energy centers to wake up all chakras and get energy moving. If held in the right hand, palm stones move energy for others; if held in the left hand, energies are moved for the healer themselves.

## EGGS

Gemstone eggs represent the energies of rebirth, renewal, and regeneration. In the spring, the earth is alive with creation energies symbolized by Ostara, the goddess of spring, and her totem creature, the rabbit. She carries eggs in her basket to represent new life yet to emerge from its cocoon of safety and creation. Gemstone eggs can be worked with to simulate this vibration of possibility even beyond the season of spring and hold space for what is yet to become or unfold. Eggs represent life emerging and remind us that even as seasons pass and time fades, life always wins and a new cycle is always about to begin. When placed on altars or sacred spaces, gemstone eggs hold energies of desire, manifestation, and possibility.

# GLOSSARY OF BASIC TERMS

**AKASHIC RECORDS:** In general, most metaphysical practitioners agree that the Akashic records are records of all activity on Earth since its inception—including all information about future events that have yet to unfold. All living beings are included in the Akashic records. This "cosmic library" of information about ourselves and our planet is not a literal written book or record; rather, it is an etheric storehouse of wisdom accessible in meditation and via shamanic journey or trance. The word "Akashic" comes from the Sanskrit word *"akasha,"* which means "sky" or "ether."

**ASTRAL TRAVEL:** Astral travel refers to the ability all humans have to travel during sleep to other dimensions of awareness. Some believe that humans travel astrally every night, whether consciously aware of it or not, and even if they do not recall the experience or the information they retrieve during these journeys. If you have ever felt like you "fell" back into your body in the morning when you woke up, or if you have had very lucid dreams that seemed so very real, you have traveled astrally away from the human third dimension toward the higher spirit dimensions.

**ASTROLOGY:** Astrology is the study of the movement of planets and celestial bodies and the examination of how these movements affect and often predict human behavior. There are twelve astrological signs, and each person is aligned with an astrological sign by virtue of the date, time, and location of their birth.

**CHAKRAS:** In the human biofield, there are energy centers through which energy flows or becomes blocked, which can lead to illness and disease. These energy centers are called chakras; "chakra" means "wheel" in Sanskrit—a reference to their movement and shape. Chakras are spinning wheels of light within the human body, each one corresponding to a specific color, emotion, and energy. According to the Vedas, the oldest spiritual texts on the planet, there are 108 energy centers or chakras in and around the human body. However, there are nine main chakras: the Soul Star Chakra, which is pink in color and sits above the head connecting us to the spirit and angelic realms; the Crown Chakra, which is purple in color and sits at the top of the head, where the "soft spot" of babies is found; the Third Eye Chakra, which is indigo in color and sits between the eyebrows and directly in front of the pineal gland in the brain, which is responsible for intuition; the Throat Chakra, which is light blue in color and sits at the center of the neck; the Heart Chakra, which is green in color and sits under the physical heart; the Solar Plexus Chakra, which is golden in color and sits just above the belly button; the Sacral Chakra, which is orange in color and sits between the ovaries/testes; and the Root Chakra, which is red in color and sits above the perineum at the base of the spine. The Crown Chakra governs faith, spirituality, and trust; the Third Eye Chakra governs intuition, inner knowing, and psychic visions; the Throat Chakra governs authentic and open communication; the Heart Chakra governs love, nurturing, and compassion; the Solar Plexus Chakra governs confidence, courage, and self-esteem; the Sacral Chakra governs desire, passion, and intimacy; the Root Chakra governs grounding, safety, and connection to home; and the Earth Star Chakra, which is our anchor to Earth and her ley lines, vorteces, and landmasses.

**COLOR MAGIC:** Color magic refers to the colors or energy rays that emanate from the chakras. These colors are found in nature as well and represent the visible light spectrum. There are seven primary colors that the human eye can detect, which correspond to the colors of the seven primary chakras in the human energy field.

# CRYSTALS—ACTINOLITE

HEALING
DISPELLING FEAR
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Brazil, United States |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Black tourmaline, onyx, sheen obsidian |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

## ACTINOLITE'S JOURNEY TO YOU

Actinolite is a mineral often seen as a secondary inclusion in quartz, formed primarily in Brazil. It has a powerful reputation as a psychic protection stone, as powerful as aegirine for protecting the auric boundary but more affordable and available in the marketplace. Its name comes from the Greek word for "ray," "*aktis*," because it normally forms in a ray or spray of fibrous material inside of quartz. Actinolite acts as a gentle shield for the energetic field, surrounding the bearer with a soft and yet profound form of protection. While more subtle than black tourmaline, actinolite is equally successful at keeping negative energies at bay. In particular, actinolite protects the mind from repetitive thoughts and intrusive thoughts sent from others. As a result, it has developed a reputation as the most important mineral for protection against psychic attack, which is the intrusion into one's mental space of peace and balance by the harmful or negative thoughts or intentions of others.

## CRYSTAL HEALING WITH ACTINOLITE

### Where to use or place on body for healing

Actinolite cleanses and protects the Root and Heart chakras, creating a space where both grounding and heart healing can occur. It helps you overcome indecision and hesitation, creating new pathways for creativity and success to emerge. It removes stagnant and old energy patterns in the psyche, allowing for the flow of new energy and ideas with ease. Place actinolite on the heart to clear and heal the heart of old or limiting beliefs around love, or place over the Root Chakra to create a layer of divine protection for the body, mind, and spirit.

### For the beginner

- Balances the energies of your Heart and Root chakras so that you feel safe and held while you conduct crystal healing practices for yourself or others.
- Works powerfully, so its energy can be overwhelming; work with this stone slowly and for short periods of time.

### For the advanced practitioner

Actinolite can bring peace and calm to a worried or anxious mind. Often, clients come to crystal healers with a feeling that someone or something wishes them harm; actinolite can dispel harm and fear, leaving a clear and peaceful space for healing and integration. By combining actinolite with aegirine, sheen obsidian, or black tourmaline, you can intensify its ability to create an auric boundary that is resistant to external influence of any kind.

### ACTINOLITE'S MAGICAL MESSAGE FOR YOU

"You have had the power to maintain a protective boundary all along; I am simply here to remind you. I am your ally in finding mental clarity, assurance, and alignment."

### Did you know?

In rare cases, actinolite, which is normally gray, forms in a yellow-green color that is chatoyant, or displays a cat's-eye effect. These crystals are extremely valuable and often used for fine jewelry.

# AEGIRINE

AURIC CLEANSING
PROTECTION
RELEASING

| | |
|---|---|
| MOHS HARDNESS | 6 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Canada, Ethiopia, Malawi, Norway |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Moldavite, tektite |
| ASTROLOGICAL CORRESPONDENCE | Virgo, Capricorn, Pisces |

## AEGIRINE'S JOURNEY TO YOU

Aegirine is named for Aegir, the Norse god of the ocean, whose energy is as gentle as the rolling waves and yet as fierce as a tsunami. Hailing primarily from the continent of Africa, though originally discovered in Norway, aegirine is a stone often confused with black tourmaline based on its appearance as a long, thin black crystal; however, it is very different from tourmaline in both its crystal structure and its metaphysical properties. Tourmaline protects people, places, and things from physical harm and theft, but aegirine protects on the auric level, helping shield and block your energetic field from intrusion and harm. Aegirine is like a scanner of your aura, looking for perforations or disturbances, even anticipating potential intrusions and helping to prevent them before they occur. It will also gather, consolidate, and help release excess energy in your field that is not for your well-being. This process reduces anxiety and helps promote peace, presence, and a deeper connection to personal power.

## CRYSTAL HEALING WITH AEGIRINE

### Where to use or place on body for healing

Aegirine is a perfect crystal for placing on the body—especially on the Root Chakra—or for wearing in the form of an amulet or sacred adornment. When wearing aegirine, it is critical to remember that it deters unwanted energy so effectively that you may find yourself losing energetic connections with many people in your life, even contacts you seek and want to support. Aegirine is a general auric cleanser and responds to subtle energies, so if you wish to keep your auric field open, it is best not to wear or work with aegirine on a daily basis. Think of this stone as your go-to when external energies are overwhelming or feel like too much. But when you are ready to be open, soft, and vulnerable again, take it off and let things flow; it will be there for you when you need it again.

### For the beginner

- Identifies and moves energetic blockages, even without the bearer's conscious awareness; as a beginner, simply carry the stone or wire-wrap and wear to allow its vibration to connect to your chakras.
- Breaks dependencies on toxic substances and helps the body recover.
- Creates energetic spaciousness, which is considered a healing gift in the Buddhist traditions.

### For the advanced practitioner

Aegirine is considered a "big gun" that can release attachments of negative thought vibrations and even entity attachments if you sense those are present. By releasing stored trauma and negative energy in the form of thoughts or frequencies, one feels instantly more calm, centered, and peaceful. Aegirine can help you determine what energy is yours and what energies do not belong to you. In that way, for healers, aegirine is a critical tool in one's magical toolkit. It partners well with prehnite and epidote for the purpose of differentiation and protects against codependency on physical or energetic levels. By clearing the aura and making a pathway for higher consciousness to enter one's field, aegirine helps healers form a foundation of clarity and light in order to become more effective channels for energy work.

### AEGIRINE'S MAGICAL MESSAGE FOR YOU

"We are constantly connecting and cording to one another energetically. With my help, you will be able to distinguish between energies that belong to you and those that do not. Work with me to give yourself space and rest from the frequencies and demands of the outside world."

AGATE

# BLUE LACE AGATE

AUTHENTICITY
COMMUNICATION
INSPIRATION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Namibia, South Africa |
| CHAKRA CORRESPONDENCE | Throat |
| PARTNERS WELL WITH | Aquamarine, dumortierite, larimar, rose quartz, vivianite |
| ASTROLOGICAL CORRESPONDENCE | Gemini |

## BLUE LACE AGATE'S JOURNEY TO YOU

Blue lace agate is a variety of variegated chalcedony, initially discovered in Namibia, though smaller deposits have also since been found in Brazil, China, India, and South Africa. Its distinct color and banding can vary depending on the pressure and temperature at which it formed. It's a calming stone that helps to soothe the nerves and bring peace to a restless mind, allowing you to get the right amount of sleep. Blue lace agate is a fantastic stone for anyone who engages in artistic pursuits or public speaking, particularly teachers, lawyers, lecturers, and artists, because it carries the energy of the Muses, which in ancient Greece were thought to be the creative voices of the gods. In fact, it's known as the Muse Stone. If you are feeling stuck or experiencing writer's block, simply hold a piece of blue lace agate in your left hand—the receiving hand—to benefit from its creative inspiration.

## CRYSTAL HEALING WITH BLUE LACE AGATE

### Where to use or place on body for healing

Blue lace agate is a gentle and soothing Throat Chakra stone. Placing a piece at your throat helps you to speak your truth from the heart without fear of judgment. It also amplifies the power of your words, illuminating how they create your reality and strengthening any affirmations you repeat. Blue lace agate is a quartz-bearing stone, making it perfect to be used as a crystal grid centerpiece, particularly with the intention of strengthening communication and self-expression. It is even said that regularly holding blue lace agate will help strengthen your fingernails and hair.

### For the beginner

- Works its magic gradually and steadily; doesn't bring your dreams to life instantly, but encourages you to stick with the process and have faith that your efforts are taking effect.
- Connects you to your sources of inspiration.
- Supports you when you wish to express yourself authentically. If you find yourself lost for words, hold blue lace agate to help unblock your voice.

### For the advanced practitioner

Blue lace agate brings clear communication with your guides and the angelic realm, especially if you have a specific question in mind for them. It helps you to discern the difference between reality and your imagination so you can trust the messages that come through. Likewise, carrying blue lace agate allows you to intuit the truth behind someone's words and whether they're keeping secrets from you. It also assists you in becoming a trustworthy secret-keeper when people confide in you. It shows you how important your words are, giving you the courage to speak up for those who cannot speak up for themselves.

### BLUE LACE AGATE'S MAGICAL MESSAGE FOR YOU

"It is time now to speak and recognize the power of your words! If you feel uncertain about the right thing to say, I will gently guide you to the words that reflect your inner truth."

### Did you know?

Blue lace agate is said to calm hyperactivity in children. Its peaceful vibration can calm anxiety attacks and temper tantrums and help return the central nervous system to a state of balance and peace.

AGATE

# CRAZY LACE AGATE

HAPPINESS
OPTIMISM
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Mexico |
| CHAKRA CORRESPONDENCE | Root, Solar Plexus |
| PARTNERS WELL WITH | Carnelian, citrine, fluorite, red jasper, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Leo |

## CRAZY LACE AGATE'S JOURNEY TO YOU

Crazy lace agate is a relatively young mineral when compared to other stones and even other forms of agate. It's a type of banded chalcedony infused with aluminum and iron, creating its easily recognizable twisting patterns and swirls of color. Crazy lace agate was worn by our nomadic ancestors in amulets to prevent accidents during travel, strengthen the body, and calm the mind. Modern metaphysical practitioners still work with it for these same reasons, and today it is known as the most important protection stone for travelers near and far. It's also a stone of happiness, often referred to as the "laughter stone" because of the joy it brings, even during difficult times.

## CRYSTAL HEALING WITH CRAZY LACE AGATE

### Where to use or place on body for healing

Crazy lace agate vibrates at a lower frequency than others because of its mix of color patterns and formations, bringing grounding and attunement to your Root Chakra. Placed here, it helps keep you in the present moment, relieving anxiety about the future and bringing emotional stability. It also activates your Solar Plexus Chakra, and when held to this energy center, it amplifies your sense of optimism and builds your inner strength.

### For the beginner

- Helps you stay in the present moment. Stimulates both mind and body with its swirling flow of energy and reveals the funny side to all of life's dilemmas.
- Ensures safe departure and return whenever you venture far from home.

### For the advanced practitioner

Crazy lace agate provides uplifting support when processing worry and emotional pain. It reminds you of all the good still to be found in life. Even the most advanced metaphysical practitioners sometimes need to be reminded that it's okay to laugh through the tears and find joy in the little things. As a stone of blessed travels, many advanced practitioners and healers also consider crazy lace agate a stone of spiritual travel and thus use it for astral travel, shamanic journeying, and lucid dreaming; its protective energy ensures a safe return from the astral and spirit realms.

### CRAZY LACE AGATE'S MAGICAL MESSAGE FOR YOU

"Laugh and the world laughs with you. Work with me to remember the fun you can have in life and turn challenges into games."

### Did you know?

If you fill a bowl in your home with tumbled crazy lace agate, it will bring fun and laughter to any party you host! Consider offering a piece as a gift to everyone who joins your sacred gatherings.

AGATE

# FIRE AGATE

CREATIVITY
MOTIVATION
PASSION

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Mexico, United States |
| CHAKRA CORRESPONDENCE | Earth Star, Root, Sacral |
| PARTNERS WELL WITH | Amethyst, black obsidian, larimar, rose quartz, shungite |
| ASTROLOGICAL CORRESPONDENCE | Aries |

FIRE AGATE'S JOURNEY TO YOU

Fire agate comes from Mexico and the southwestern United States, where massive volcanic activity during the Tertiary Period around 30 million years ago caused a shifting of tectonic plates that produced this beautiful gem. This stone's brilliant display of colors is created by the light reflecting and refracting off its layers of goethite and limonite, which is composed of iron oxides. Its fiery shades range from yellow to orange, red, and even green, purple, and blue. As its name suggests, fire agate ignites the fire within, spurring creativity, action, and passion while keeping you grounded and motivated.

CRYSTAL HEALING WITH FIRE AGATE

### Where to use or place on body for healing

Fire agate's magic is deeply felt in the Sacral Chakra—the center of creativity, life force, passion, and pleasure. Hold fire agate to this energy center to reconnect with your inner fire, clear artistic blockages, and stimulate physical and sexual energy. This gem is useful for awakening passion of all kinds. It also activates the Earth Star and Root chakras—your connections to the ancestors, the earth, and the physical plane. Keep fire agate by your feet in meditation to center scattered energies and achieve a state of balance and stability. Place a piece on your altar or anywhere that could benefit from its grounding yet stimulating vibration.

### For the beginner

- Helps you rediscover your passion, come back into your body, and find pleasure.
- Ignites creativity and desire, guiding you through artistic and sexual blockages.
- Stimulates the free circulation of life-force energy throughout the body so that you can take action, stay motivated, and channel divine inspiration.
- Releases addictions or unhealthy attachments keeping you from your highest path.

### For the advanced practitioner

Fire agate is a useful stone for finding peace on the physical plane. When performing spiritual work, it's easy to get stuck in the upper realms and feel isolated on this earth; often this sensation leads empaths and healers to feel uncomfortable with others or out of place in their human relationships. Fire agate draws you back into your physical body and reconnects you with Gaia, helping you find passion and pleasure in this dimension. It helps you ground lofty visions from higher dimensions and manifest those ideas on Earth. Work with fire agate to reconnect with the fire that burns within you and at the core of our planet.

FIRE AGATE'S MAGICAL MESSAGE FOR YOU

"When you feel down, disconnected, or disheartened, work with me and let me help you kindle your inner fire and sit by the flames. My warmth will enliven and inspire you and remind you why you're here."

**Did you know?**

The metallic, shimmering iridescence seen in fire agate is known as the "schiller effect"—an internal glow produced when light reflects off layers of minerals and particles beneath the surface of the stone. The schiller effect makes stones look like they are glowing from within.

AGATE

# FLOWER AGATE

BEAUTY
EMPATHY
PEACE

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Madagascar |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Moonstone |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Scorpio |

## FLOWER AGATE'S JOURNEY TO YOU

Geologists first discovered flower agate in Madagascar, in a region known to offer some of the world's most beautiful crystals and minerals. Flower agate carries the same healing properties as regular agate, but it has chalcedony inclusions that add energies of balance, kindness, and positivity. This stone varies in color, ranging from cream to light pink to dark brown and even a very rare black shade. Its surface is splashed with plumes of saturated white, the cross-sections of which reveal gorgeous, flowerlike structures—which is how the stone got its name. Overall, flower agate is a stone of peace, joy, passion, empathy, and beauty. With energy resembling that of a field of flowers, it encourages you to bloom into your highest self, soothes nervousness, promotes spontaneity, and wraps you in nurturing, calming energy.

## CRYSTAL HEALING WITH FLOWER AGATE

### Where to use or place on body for healing

Though flower agate resonates with the heart space, it also activates the Root Chakra, channeling its loving magic from the earth. Hold this crystal to your Heart Chakra or place it by your feet during meditation or healing work, allowing it to infuse your vibrational field with its soothing magic. Flower agate is stabilizing yet gentle, bringing you back to center in a sweet and maternal way. Keep a piece on your altar, in your bag, or in any area you wish to fill with its balancing and illuminating vibrations.

### For the beginner

- Deepens empathy and grants wisdom and clarity about past trauma.
- Reinvigorates your passion for life, helping you find joy in the present moment; pulls you in the direction of your dreams and melts away stress.
- Helps you find your center, open your heart, and channel deep peace.

### For the advanced practitioner

Flower agate helps you honor every process of your spiritual growth. This gem embodies the Sacred Feminine trinity: the Maiden, Mother, and Crone—the three stages of a woman's journey through life. All three phases of the Sacred Feminine trinity are said to reside within all women at all times. Flower agate grants you access to all three phases, simultaneously channeling the Maiden's youthful spirit, the Mother's capacity to nurture, and the Crone's deep spiritual wisdom. Flower agate also helps you release materialistic desires. It pulls you away from darkness and helps you grow into the person you're destined to be.

### FLOWER AGATE'S MAGICAL MESSAGE FOR YOU

"For so long, you have kept yourself small, hiding away in the shadows. It is time for you to bloom—to turn your face to the sun and let the light in. Let the golden rays illuminate you and guide you toward your purpose. Bask in the warmth and embrace peace."

**Did you know?**
Flower agate is associated with Quan Yin, the divine bodhisattva of compassion and grace. Working with this stone brings a sense of inner peace and stillness that calms anxious and frayed nerves.

AGATE

# MOSS AGATE

STABILITY
PERSISTENCE
GROUNDING

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Argentina, Armenia, Australia, Canada, Germany, Hungary, India, Iran, Mexico, Panama, Russia, South Africa, United Kingdom, United States (Montana, Wyoming) |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Citrine, green aventurine, labradorite, peridot, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## MOSS AGATE'S JOURNEY TO YOU

Moss agate is a dendritic agate variety of chalcedony that is colorless and translucent. This gem gets its name from its green hornblende inclusions, which display mosslike patterns. Since ancient times, moss agate has been seen as a potent source of healing and luck. It's also known as a stone of agriculture; in the past, farmers would sow moss agate with their crops to ensure a healthy, robust harvest. Though moss agate is primarily green, it can sometimes display shades of brown and red, depending on the oxidation levels of the iron within its hornblende inclusions. Occasionally, quartz veins can be found in this stone as well, amplifying its healing and growth energies.

## CRYSTAL HEALING WITH MOSS AGATE

### Where to use or place on body for healing

Moss agate is a powerful Heart Chakra stone. Hold moss agate to your heart space to attune yourself to the tender, loving energy of Mother Earth. This stone also heals the Root Chakra, promoting groundedness and security. You can also place moss agate in your houseplants or in your garden to promote growth, or keep a piece on your desk or in your creative space to encourage the flourishing of your business ventures and artistic endeavors. Consider keeping a piece in your kitchen as well when cooking since it denotes a delicious harvest.

### For the beginner

- Strengthens your connection with Mother Earth and brings feelings of groundedness, stability, safety, and security.
- Aids manifestation by rooting you in the physical plane and granting the centeredness, endurance, and patience needed to see your dreams through to completion.
- Brings balance to the emotional and spiritual bodies, especially for those prone to mood swings, helping you find a sense of equilibrium.
- Clears negative thought patterns, helps you crystallize what you wish to manifest in your life, strengthens intentions, and aligns you with your highest self.

### For the advanced practitioner

For advanced crystal healers, moss agate is a wonderful stone for connecting with nature spirits and the devic realm. It attunes you to the messages of the natural world, helping you channel the healing power of Mother Earth into every facet of your life. Moss agate also propels spiritual growth and manifestation; it opens your eyes to the abundant resources around you and helps you develop habits in alignment with your highest self. For those who tend to feel erratic, ungrounded, or unstable, moss agate brings a sense of centeredness, patience, and peace. It helps you slow down and pursue your dreams from a serene, grounded place so that you may sustain all that you are manifesting. If you are trying to complete a project, moss agate is a wonderful stone to work with. This gem strengthens concentration and will help you see your visions through to completion.

### MOSS AGATE'S MAGICAL MESSAGE FOR YOU

"Don't lose faith—all that you long for is coming to fruition. Water your garden a little bit each day, and you'll be surprised at how lush it can grow."

**Did you know?**
Moss agate is often associated with harvest goddesses like Vesta, who rules farms and also the hearth in the home.

# TREE AGATE

EARTH WISDOM
GROUNDING
SERENITY

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia, Brazil, China, India, Madagascar, Mexico, Namibia, Uruguay |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Chiastolite, dendritic agate, flint, green calcite, howlite, merlinite, moss agate, pyrite |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## TREE AGATE'S JOURNEY TO YOU

Tree agate is an important form of dendritic agate connected to Druid magic, containing the forest's ancient energies, the tree people's wisdom, and the grounding of Earth. Its striations, gorgeous green markings, and opaque white background differentiate it from other forms of dendritic stone. Ancient Greeks associated tree agate with dryads, or wood nymphs, believing that leaving tree agate as a forest offering would invoke their favor, and they would sow tree agate in their agricultural fields to ensure an abundant harvest. In India, it is also believed that tree agate shields you from the emotional darkness of people around you or even the darkness that is sometimes associated with haunted locations.

## CRYSTAL HEALING WITH TREE AGATE

### Where to use or place on body for healing

Tree agate activates the Heart Chakra, which increases positive emotional well-being. Placed on this energy center, it helps you to face any challenges and pains with courage and promotes serenity and peace. It brings a greater balance to the emotional body and inspires you to lead from a place of love. Tree agate also helps you connect with nature through your Root Chakra. Carrying tree agate with you throughout your day creates a protective shield made up of the nurturing energies of the earth itself.

### For the beginner

- Strengthens and stabilizes like a grandmother who holds, nourishes, and supports us.
- Taps into ancestral wisdom and keeps you settled, calm, and grounded in the most gentle, nature-based, and earthy way.
- Helps you delight in the small, everyday things that you may otherwise take for granted. It connects you back to your roots—the real, authentic inner you.

### For the advanced practitioner

Tree agate helps you release energies that are causing pain or confusion into the earth to be transmuted into strength and compassion. It brings a sense of lightness to your heart that helps you feel the pure happiness and joy you experienced as a child. Tree agate allows you to see the balance that occurs both in your life and within nature, recognizing that even the darker moments exist for you to appreciate the light more fully.

### TREE AGATE'S MAGICAL MESSAGE FOR YOU

"As you embrace the sunshine as well as the rain, you become attuned to the magic of life. Allow me to root you into the earth and instill in you a deeper appreciation for all living things."

**Did you know?**
Folk healing lore says that expectant or new mothers should carry tree agate to stimulate lactation and beat postpartum "baby blues."

# AGNI MANITITE

AWAKENING
MANIFESTATION
PERSONAL POWER

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Hexagonal, Trigonal |
| PLACES OF ORIGIN | Indonesia |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Fire opal, moldavite, obsidian, tektite |
| ASTROLOGICAL CORRESPONDENCE | Aries |

AGNI MANITITE'S JOURNEY TO YOU

Agni manitite is a form of pseudo-tektite from Indonesia. Though it wasn't formed by a meteoric collision, it has the same vibrational frequency as other tektites, such as moldavite. It's a very rare form of obsidian that was created when a powerful volcanic eruption hurled molten magma into the sky. It then hardened into volcanic glass as it plummeted back to Earth. Its name comes from the ancient Sanskrit term *"agni magni,"* meaning "pearl of divine fire." Agni, the Hindu fire god, is also the god of lightning, comets, and the sun's fire, symbolizing the spark necessary for all life and creation.

CRYSTAL HEALING WITH AGNI MANITITE

### Where to use or place on body for healing

Agni manitite powerfully activates the Solar Plexus Chakra, increasing energy levels and connecting you with your personal power. It helps you tap into the things that bring true happiness and joy and speeds up the manifestation process. Place it on this chakra to feel divinely empowered, increase feelings of optimism, and connect with your inner fire. You can also wear agni manitite as an amulet of leadership and to enhance your sense of control over personal matters.

### For the beginner

- Creates a grounding and protective shield around you so you can move forward confidently.
- Protects you from your own negative thought patterns and habits as well as from external influences.
- Encourages spiritual awakening and transformation by shining a light on any changes that need to occur, inspiring you to shift your vibrations to a higher frequency that will elevate you toward your highest good.

### For the advanced practitioner

For advanced crystal healers, agni manitite stirs Kundalini—the energy of transformative sexual awakening, spiritual enlightenment, and new states of consciousness. When Kundalini is activated in a person, new levels of wisdom, insight, and creative power are reached; you tap into and harness your deepest wells of magic. Agni manitite also immediately and enthusiastically connects you with your personal power, letting your higher self direct you to people and situations that will bring you joy and fulfillment. It speeds up your ability to manifest your desires by reminding you that anything is possible when you're connected to the Divine. Buddhists and those in the Hindu tradition consider agni manitite the Cintamani Stone, or wishing stone of ancient legends, which is akin to the Philosopher's Stone in alchemy. Working with agni manitite during the new moon phase can empower intentions and expedite the material manifestation of visions and dreams.

AGNI MANITITE'S MAGICAL MESSAGE FOR YOU

"If you have been seeking more spark and adventure in your life, I am here as your ally to help you set free your inner fire. Liberate yourself from the inhibitions, thought patterns, and habits that have been holding you back in life! I will support you as you bring your visions to life."

### Did you know?

When agni manitite fell back to Earth as hardened volcanic glass, it landed in the ocean. After being in the water for an estimated 700,000 years, most pieces appear polished, tumbled by the waves over eons.

# ALEXANDRITE

ALIGNMENT
HEART HEALING
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 8.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Australia, Brazil, Czech Republic, India, Madagascar, Myanmar, Russia, Sri Lanka, Tanzania, United States (New Mexico), Zimbabwe |
| CHAKRA CORRESPONDENCE | Heart, Third Eye, Crown |
| PARTNERS WELL WITH | Celestite, clear quartz, labradorite, ruby, sapphire |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Scorpio |

## ALEXANDRITE'S JOURNEY TO YOU

Alexandrite is a highly prized variety of chrysoberyl that shifts from red to teal to violet depending on the light. This is known as the alexandrite effect, or pleochroism, from the Greek words for "many colors." It is one of the world's rarest gemstones; premium specimens are more expensive than diamonds. Rulers have prized alexandrite since ancient times as it enhances personal will, strength, and insight. Kings and queens believed it to bring them power and ensure the longevity of their reign. It was named after Czar Alexander II when it was discovered in 1830 in the Ural Mountains of Russia on his birthday. Alexandrite is a gemstone of cosmic oneness known to promote energetic connections to the spirit realm and other dimensions, helping you channel guidance from beyond the veil.

## CRYSTAL HEALING WITH ALEXANDRITE

### Where to use or place on body for healing

Alexandrite is perfect worn as a necklace to bring alignment and harmony to the Heart, Third Eye, and Crown chakras. Doing so helps you move through grief, healing your heart with a sense of hope even when all seems lost. Alexandrite can be placed over the third eye to stimulate the pineal gland and balance brain function between the left and right hemispheres to help you process the wisdom of challenging emotional experiences and jump-start spiritual evolution. Placed on the Crown Chakra, alexandrite aligns all your energy centers with the frequencies of divine love. It helps you access the Akashic records, the cosmic records of all events in human history, to integrate information that may be useful to you in current situations.

### For the beginner

- Invites energies of joy, harmony, and expansiveness.
- Balances your emotions by bringing the heart, mind, and spirit into alignment.
- Helps with the manifestation process by encouraging you to feel deserving of receiving your desires and capable of achieving them.

### For the advanced practitioner

Alexandrite facilitates connection to the higher realms, collective consciousness, and even the beginning of time itself. It expands your mind to help you understand the interconnectedness of all beings. Sometimes clients will come to you holding on to their grief and trauma like a comfort blanket. Alexandrite will guide their healing process, allowing them to feel safe releasing these emotions. Visualize the energy of this gem gently melting away their barriers, replacing them with joy and calm.

### ALEXANDRITE'S MAGICAL MESSAGE FOR YOU

"If you've been struggling to release the grief you hold in your heart, I am here to support you and help you through the process. Rest in the knowledge that we are all connected and that by experiencing joy for yourself, you can bring it to those around you. You deserve to heal. And it is time to begin."

### Did you know?

The largest faceted alexandrite is in the Smithsonian Institution in Washington, DC. It weighs an impressive 66 carats and is valued at over $4 million.

# AMAZONITE

BOUNDARIES
COMMUNICATION
TRUTH

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | India, Madagascar, Myanmar, Namibia, Peru, Russia, United States (Colorado) |
| CHAKRA CORRESPONDENCE | Heart, Throat |
| PARTNERS WELL WITH | Ajoite, aqua aura quartz, aquamarine, chrysocolla, larimar, moldavite, nuummite, phenakite, turquoise |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## AMAZONITE'S JOURNEY TO YOU

While amazonite has been carved into jewelry for over 4,000 years, it only earned its name in 1847, when significant stone deposits were discovered near the Amazon River. It has also been referred to as Amazon jade and Amazon stone due to this location. Like its namesake, this stone brings flow to your thoughts and words. It encourages you to communicate your truth with greater ease, clarity, and conviction. Amazonite is a part of the feldspar family. Its green color is caused by trace amounts of lead in the stone, stimulating self-awareness and opening you to any messages you may have been missing from your higher self. Like all feldspar stones, amazonite has a gorgeous shimmer that sparkles in the sun.

## CRYSTAL HEALING WITH AMAZONITE

### Where to use or place on body for healing

Amazonite is best placed on the Throat Chakra to heal communication patterns, particularly if you struggle with saying what you mean for fear of upsetting people. It brings ease to challenging conversations, allowing you to speak from the heart while remaining open to the other person's point of view. Carry amazonite with you if you have public speaking engagements to boost your confidence and help you articulate even complex subjects with clarity. Keep it in your workspace or anywhere you use your phone or computer, as it clears potential harmful geomagnetic energies.

### For the beginner

- Helps you speak your mind without becoming overly emotional by soothing your nerves and easing any worries about being judged.
- Helps you communicate authentically and discern when others are dishonest.
- Encourages clean energetic relationships with those close to you and your greater community, ensuring that your actions match your words.

### For the advanced practitioner

Amazonite is a fantastic ally in setting strong yet realistic interpersonal boundaries. It also helps to break bad habits and cultivate a greater sense of self-restraint and willpower. Amazonite enables you to understand how your words create your reality. It illuminates instances where negative or harmful self-talk may have impacted your manifestation abilities, guiding you to choose words and thoughts that support the creation of a reality aligned with your highest good.

### AMAZONITE'S MAGICAL MESSAGE FOR YOU

"If you seek to find and clearly express your innermost thoughts and feelings, I am your ally. I am the Stone of Truth, so you can trust the intuitive messages, dreams, and gut feelings that emerge when you work with me. Speak your intentions aloud while you hold me close, and I will show you how to manifest your dreams."

**Did you know?**
This gemstone was prized in ancient Egypt—an amazonite scarab beetle ring was even found among the treasures of Tutankhamen's tomb!

# AMBER

AURA CLEARING
PROTECTION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 2–2.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Baltic Sea, Dominican Republic, Italy, Middle and Far East, Myanmar, Peru, Russia |
| CHAKRA CORRESPONDENCE | Solar Plexus, Crown |
| PARTNERS WELL WITH | Jet, moldavite, tsavorite, yellow sapphire |
| ASTROLOGICAL CORRESPONDENCE | Leo, Aquarius |

## AMBER'S JOURNEY TO YOU

Amber isn't really a crystal at all—it's fossilized tree resin. Beginning as a soft, sticky resin, it can contain trapped animal and plant materials as inclusions that date back over 120 million years. It goes through a process of molecular polymerization caused by high pressures and temperatures, transforming the resin first into copal, or young amber; slowly eliminating any leftover plant terpenes; and eventually resulting in amber. This extended alchemical process is said to imbue amber with the warmth and power of the sun, burning away any lower vibrations and bringing energies of wellness and optimism.

## CRYSTAL HEALING WITH AMBER

### Where to use or place on body for healing

Wear amber as jewelry to surround yourself with an energetic shield, making you feel safe and held. Place it on your Solar Plexus Chakra to ignite your life force and stimulate your inner power, bringing forth courage and confidence. It will also detoxify any negative or stagnant energies in your auric field and physical body, bringing a renewed sense of vitality that will boost your metabolism and capacity for regenerative healing. Because of amber's association with solar energies, it's also a healing ally for those who suffer from seasonal affective disorder, helping you reconnect with a sense of purpose and inner strength. Amber is a natural magnet for safety, and placing it on your altar will help maintain protective energetic boundaries and purify the energies of your sacred space.

### For the beginner

- Prevents psychic attacks, heals soul trauma, and transmutes negative energy.
- Stimulates both physical and mental vitality and activates the Crown Chakra to connect with collective and universal wisdom.

### For the advanced practitioner

Formed from living organic matter over millions of years, amber contains all the ancient knowledge of the earth, and is able to pass down the wisdom of your ancestors and connect you to past lives. This makes it a helpful tool for advanced crystal healers to clear past-life karmic patterns and heal intergenerational trauma. Amber will also act as a guide during underworld journeys, lighting your path and bringing protection as you connect with interdimensional beings and Earth spirits such as nature devas and the Fae.

### AMBER'S MAGICAL MESSAGE FOR YOU

"Feel the life-giving properties of the sun as I clear your space, auric field, and physical body of any negative or stuck energies. Let me bring the courage that lies within you into the light of day and connect you with the collective wisdom of your ancestry."

### Did you know?

In Chinese mythology, it is thought that the souls of tigers pass into amber when they die, infusing it with their courage and strength.

# AMBLYGONITE

CLARITY
CREATIVITY
FOCUS

| | |
|---|---|
| MOHS HARDNESS | 5.5–6 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Brazil, Myanmar, United States (Connecticut, Maine) |
| CHAKRA CORRESPONDENCE | Solar Plexus, Crown |
| PARTNERS WELL WITH | Amethyst, Libyan gold tektite, mica, moldavite, natrolite, phenakite, Tibetan tektite |
| ASTROLOGICAL CORRESPONDENCE | Taurus |

## AMBLYGONITE'S JOURNEY TO YOU

Amblygonite is a rare stone often found with other lithium-rich minerals such as lepidolite and kunzite. It's named for the Greek word for "obtuse angled" because of its triclinic structure. The parent crystals are covered in triangle shapes, or "record keepers," which are thought to be interdimensional track marks—evidence of extraterrestrial connections to crystals and Earth that date back to the Atlantean civilization. Several decades ago, amblygonite was used in an informal experiment in Brazil to test its properties of promoting focus and calm. It was gridded in classrooms for special needs children, and the results were amazing. Amblygonite brings focus when there are many distractions pulling your energy in too many directions.

## CRYSTAL HEALING WITH AMBLYGONITE

### Where to use or place on body for healing

Place amblygonite on your Solar Plexus Chakra to enhance the personal power you need to see your creative projects through to completion and bring motivation when you're procrastinating. Placed on the Crown Chakra, it will bring you calm and clarity when you feel overwhelmed by too many ideas. It also connects you to higher-realm wisdom that will show you how to get your project out of your imagination and into reality. If you need amblygonite's creative energies while you're on the go, you can even sew a small piece into the seam of a favorite item of clothing.

### For the beginner

- Brings gentle encouragement to creatives, including artists, writers, and dancers.
- Helps you overcome self-doubt hindering you from exploring your creative potential and heals wounds from the past that block you from manifesting the artistic works of your dreams.
- Helps students who have trouble concentrating or staying focused, thanks to its high amount of lithium.

### For the advanced practitioner

Amblygonite helps you navigate and process feelings of ambivalence—the term used to describe moments when you are feeling emotions that conflict with each other. This may be joy and grief, excitement and dread, or love and fear, triggered simultaneously by a given situation. Amblygonite also helps you address fears surrounding your personal power, whether that is based on the fear of being taken advantage of or using your own power to hurt or take advantage of others. It also eases the effects of trauma caused by others using their power against you in the past.

### AMBLYGONITE'S MAGICAL MESSAGE FOR YOU

"Your creative potential is limitless! Any artistic endeavor you can imagine, I am here to show you how to manifest it into reality. I believe in you, and you should, too!"

**Did you know?**
The soothing effect of amblygonite is said to help speed up the process of healing broken bones by relaxing the surrounding muscles.

# AMETHYST

DIVINE CONNECTION
PEACE
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Third Eye, Crown, Soul Star |
| PARTNERS WELL WITH | Black tourmaline, chalcedony, chrysoprase, healer's gold, jet, moldavite, natrolite, obsidian, phenakite, quartz, scolecite, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## AMETHYST'S JOURNEY TO YOU

With its high vibration and energies of serenity and tranquility, amethyst is a stone that should be in everyone's collection. Amethyst is a variety of quartz that is found almost globally, renowned for its shades of purple ranging from the most subtle, pale lavender to the deepest royal violet. The purple tones of this gem are created by manganese, and the varying richness of the color comes from how much iron is within its matrix. There is evidence of amethyst's being used in rudimentary Neolithic jewelry across Europe, dating back as far as 25,000 years ago. It's said that St. Valentine wore an amethyst ring engraved with an image of Cupid, making it the traditional birthstone for the month of February.

## CRYSTAL HEALING WITH AMETHYST

### Where to use or place on body for healing

Amethyst is mainly associated with the Crown Chakra, and when placed on this energy center, it brings a sense of unity and connection with Source, hastens spiritual evolution, and helps quiet your thoughts so that you can enter deeper states of meditation. It also helps you base any decisions you make on spiritual guidance rather than emotional reactions. Placed on the Third Eye Chakra, it clears the way for developing psychic insight and intuitive abilities. In general, amethyst can be gridded around the body to clear the auric field of any negative attachments, or throughout your sacred space to create a serene bubble of peace and protection. Amethyst in the bedroom promotes peaceful sleep.

### For the beginner

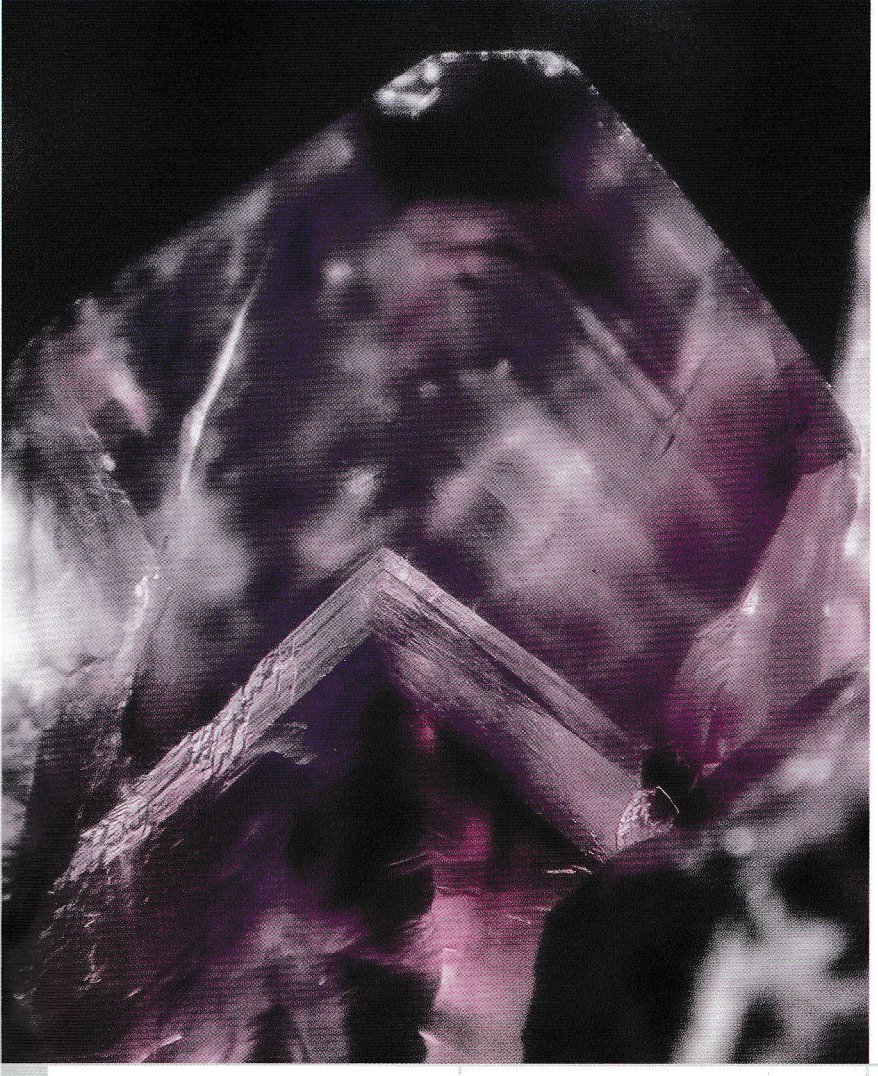
- Brings serenity, protection, detoxification, calm, and spiritual connection.
- Helps to integrate spiritual wisdom in a way that brings clarity to your life experiences and encourages you to feel at home in your body.
- Repels lower-vibrational energies and transmutes negativity into energies of love, freedom, and transformation.
- Brings deep relaxation, helping you to fall into a restful sleep and stay asleep.
- Brings well-being and balance on all levels—physical, emotional, and spiritual—while also promoting a deeper understanding of the root cause of any illness or imbalance you may be experiencing.
- Dream amethyst deepens meditation and connects you to the higher realms. It clears the aura and creates a protective bubble around you, wrapping you in a shield to ward off psychic attacks and any negative energies.

### For the advanced practitioner

Even with its soothing energies, amethyst is a stone that digs deep into shadow work. It's particularly helpful when working with clients who have issues with addiction and self-harm. Amethyst seeks out and transmutes the fundamental sources of destructive behaviors and emotional responses, even if they stem from past lives or karmic contracts, by realigning their physical reality with their higher, divine purpose. Amethyst also stimulates the imagination by channeling ideas and concepts from alternate dimensions and realities, and strengthens your capacity for intellectual reasoning and logic.

### AMETHYST'S MAGICAL MESSAGE FOR YOU

"Do you ever feel as though you have strayed from your spiritual path? I am here to get you back on track by infusing you with serenity and connecting you with Source. I will help you receive and understand the spiritual wisdom you need and surround you with protection. I bring chaos into peace, disorder into alignment."



**Did you know?**
Amethyst is a potent stone for balance and can support both physical and energetic balance. It also helps detoxify the body and facilitates release of toxins as well as habits and behaviors that undermine mental and physical health.

VARIETIES

**There are several special varieties of amethyst, all with their own unique additional properties:**

**Brandberg amethyst** is incredibly rare, only found in one place on Earth—the Brandberg mountain of Namibia in Africa. Brandberg amethyst is a powerful, high-vibrational fusion of amethyst, smoky quartz, and quartz, often possessing a flash of fuchsia fire inside, all adding to its beauty. Brandberg amethyst is a talisman of healing and realignment with spirit. It offers the discovery of our soul's ancient and eternal oneness with the universe, the blueprint of our essence and our energy. And because Brandberg contains both amethyst and smoky quartz, it activates the highest and lowest chakras within the human energetic system for grounding and peace all at once.

**Dream amethyst,** also known as chevron or banded amethyst, is a combination of amethyst and white quartz, sometimes revealing bands of smoky quartz as well, giving the peaceful, balancing properties of amethyst and the purifying, healing properties of quartz.

**Trapiche amethyst** features a trapiche, or spoke or wheel design, that creates a six-pointed star with alternating hues of purple. It looks like a wheel with all kinds of magic spinning outward. This growth pattern enhances and amplifies the many properties of amethyst to create greater balance, serenity, and cosmic connection.

**Veracruz amethyst,** found only in Veracruz, on the eastern coast of Mexico, is the clearest and highest-vibrational form of amethyst on Earth. It forms a protective energy boundary around you and opens the Crown Chakra. Veracruz amethyst can activate the pineal gland, or "seat of the soul," the place of inner knowing, and your most profound wisdom. If you're looking for a crystal to deepen your meditation practice and fill your space with its protective energy, Veracruz amethyst is your crystal ally.

# AMETRINE

DIVINE CONNECTION
PERSONAL POWER
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal (Trigonal) |
| PLACES OF ORIGIN | Bolivia, Brazil, Uruguay |
| CHAKRA CORRESPONDENCE | Solar Plexus, Crown |
| PARTNERS WELL WITH | Golden labradorite, lepidolite, moldavite, phenakite, sugilite, yellow sapphire |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## AMETRINE'S JOURNEY TO YOU

Ametrine is a member of the quartz family that is harvested from the margin where amethyst and citrine grow together. While it combines the peaceful, balancing properties of amethyst with citrine's energies of empowerment and abundance, it also has unique magic all its own. It helps you to synthesize divine guidance with practical, empowered action. By teaching you to see yourself as the Divine sees you, ametrine enables you to overcome any fears you may have relating to power and success or making the wrong choices.

## CRYSTAL HEALING WITH AMETRINE

### Where to use or place on body for healing

I suggest working with two pieces of ametrine, placing one on the Solar Plexus and the other on the Crown Chakra, uniting their energies to connect you to your own sense of divine inner power. It is also a helpful stone to keep on your desk or in your workspace to alleviate any "brain fog."

### For the beginner

- Opens you to the guidance of your divine helpers and higher self for support as you step forward on the path to success.
- Helps you move past inaction rooted in fear of making the wrong choice and encourages you to manage and overcome procrastination patterns or self-sabotage.
- Enhances learning by boosting memory retention and heightening creativity, focus, and problem-solving abilities.
- Supports digestion and stimulates your metabolism for healthy weight management and overall physical well-being.

### For the advanced practitioner

Ametrine helps you take clear and decisive action based on any spiritual guidance you download during meditation, sleep, or journeying. It encourages you to trust the divine advice you channel to break free of inertia caused by self-doubt. By linking the spiritual and intellectual realms together, ametrine also helps you understand esoteric and otherworldly concepts more practically and expands your mind to access and integrate collective wisdom. This allows you to release ingrained prejudices about people, places, and situations by understanding that we are all connected. It helps you see our commonalities rather than our differences. By doing so, ametrine reprograms any long-held negative beliefs about yourself or others and grounds higher frequencies of peace, compassion, and acceptance into your reality.

## AMETRINE'S MAGICAL MESSAGE FOR YOU

"Self-doubt can be so paralyzing that eventually it becomes more comfortable remaining stagnant in life than taking any perceived risks moving forward. But those dreams of success are waiting for you to move forward! Let me work with you to make the right decisions. It is time for you to fulfill your sacred potential by taking action."

**Did you know?**
Ametrine helps you enter a state of astral projection and keeps you safe while astral traveling. It is even said to help you fly during lucid dreams.

# AMMONITE

ANCESTRAL WISDOM
SPIRITUAL DEVELOPMENT
ENDURANCE

| | |
|---|---|
| MOHS HARDNESS | Depends on age, generally 3.5–4 |
| CRYSTAL STRUCTURE | Fossil |
| PLACES OF ORIGIN | Morocco |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Coral agate, orthoceras, septarian |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Aquarius |

## AMMONITE'S JOURNEY TO YOU

Containing over 400 million years of Gaia's history, ammonite is a spiral-shaped shell that was covered with sediment at the bottom of the ocean and became fossilized over time. Ammonite is some of the oldest organic matter on the planet, symbolizing continual evolution and growth. Ammonite is also a naturally occurring example of the Fibonacci sequence, an infinitely growing series of numbers where each new number is the sum of the previous two numbers: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55 . . . and so on. This sequence can also be seen in the way leaves grow on plant stems, the way ferns unfold, the way an artichoke grows, and the arrangement of a pine cone's bracts.

## CRYSTAL HEALING WITH AMMONITE

### Where to use or place on body for healing

Ammonite is a multipurpose stone that can be placed anywhere on the body or held in meditation to balance and align all the energy centers. Its spiral shape creates a powerful vortex of energy that promotes continual spiritual evolution, whether you're just starting out or have been practicing for decades.

### For the beginner

- Increases stamina and boosts physical and mental vitality.
- Helps you create and maintain a structured schedule for your day.
- Allows you to see the bigger picture to prioritize the most essential tasks and gives you the stability to complete the activities and goals you set for yourself.
- Offers access to ancestral wisdom and voices—simply place one over your ear like a conch shell and listen for spirit guidance dating back millions of years.

### For the advanced practitioner

Ammonite aids in the continual karmic cycle that we are all negotiating throughout our lives, which in the Buddhist tradition is referred to as samsara. It takes you deep into your spiritual center and helps you recognize when this cycle has come full circle in all areas—relationships, careers, health, and spirituality—so that you can release what no longer serves you and move on to the next phase of growth and learning. Follow the spiral of the ammonite inward in meditation to connect with your core energy and the wisdom of your ancestry and past lives. Retrace the spiral outward again to illuminate your next steps. As a meditation tool, ammonite helps you deepen your experience and recognize that what lies within you is an echo of the Divine.

### AMMONITE'S MAGICAL MESSAGE FOR YOU

"Time keeps moving forward, but not in the straight line you imagine it to be. Your life is made up of a series of cycles; new stages of life emerge while other aspects die away. Let me share the ancient wisdom of the past to help you see how those cycles are flowing in your life—the ones that need to be released and those you are still learning from."

**Did you know?**

Ammonites were once thought to be the petrified remains of snakes, but they are actually the remains of ancient aquatic mollusks, related to the modern-day octopus and squid.

# ANGELITE

COMMUNICATION
DIVINE CONNECTION
SERENITY

| | |
|---|---|
| MOHS HARDNESS | 3.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Mexico, Peru, United Kingdom |
| CHAKRA CORRESPONDENCE | Throat, Third Eye, Crown |
| PARTNERS WELL WITH | Aquamarine, clear quartz, kyanite, selenite |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## ANGELITE'S JOURNEY TO YOU

Many believe that angelite was a gift to humanity from higher-dimensional beings. It was first discovered in 1987, near Machu Picchu in Peru, the day before the first synchronized global meditation event, the Harmonic Convergence, organized by José Argüelles. Angelite is said to still carry the vibrational frequencies of this convergence, where people gathered all around the world at powerful vortex points and sacred sites to call in a new age of universal peace. Angelite is a type of blue anhydrite, from the Greek *"anhydros,"* meaning "waterless," referring to how it forms through a process of seawater evaporating in sedimentary basins. It has almost the same chemical composition as gypsum, except the latter has a much higher water content. Under the right circumstances, anhydrite can absorb water and turn into gypsum, and vice versa—though the latter process is much rarer, requiring extreme heat. Because of this, angelite has similar vibrational energies to selenite, bringing peace, purification, and connection to celestial realms.

## CRYSTAL HEALING WITH ANGELITE

### Where to use or place on body for healing

Placed on the Throat Chakra, angelite helps to heal communication patterns, bringing compassion and understanding to your interactions with others. It helps you moderate your words and tone in consideration of other people's feelings. When you combine this placement with angelite on the Third Eye and Crown chakras, you activate a channel of clear two-way communication with your spirit guides, guardians, and other light beings of the celestial realms. On the Third Eye Chakra, angelite also stimulates gifts of clairvoyance, mediumship, and intuitive spiritual healing. Simply carrying angelite with you, holding it in meditation, or sleeping with it creates a vibration of compassion, tranquility, love, and reassuring messages from those who have passed on to the spirit world.

### For the beginner

- Brings peace and calm to overcome anger, stress, and sadness.
- Brings communication from the higher realms but also transmits the energies of serenity, compassion, and unconditional love that exist in those dimensions.
- Enhances tranquility by quieting inner chatter or repetitive thinking.
- Brings divine protection to your space and helps you easily slip into deeper states of meditation.

### For the advanced practitioner

Angelite connects you to your angelic guides. This can include attracting angels and archangels to your space, facilitating lucid dreaming, and granting easier access to the Akashic records and past-life memories. Due to its high calcium levels, angelite is also said to be helpful in healing sessions with clients intended to soothe joint pain and bone issues, such as arthritis and osteoporosis.

### ANGELITE'S MAGICAL MESSAGE FOR YOU

"Your angels and guides send their love and support—and I will help you feel it. I open communication channels with them so you can better understand their messages and follow their guidance. You are not alone—you have a whole team cheering you on in the astral realms!"

### Did you know?

Because of its connection with the celestial realms, angelite is said to help ease the fear of flying; those who fear flying on airplanes should keep a piece in their hand, especially during takeoff and landing.

APATITE

# BLUE/GREEN APATITE

GUIDANCE
DIRECTION
TRUTH

| | |
|---|---|
| MOHS HARDNESS | 5 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Brazil, Burma, Canada, Greenland, India, Madagascar, Mexico, Russia, Sri Lanka, United States |
| CHAKRA CORRESPONDENCE | Heart, Throat |
| PARTNERS WELL WITH | Aquamarine, blue calcite, celestite, chrysocolla |
| ASTROLOGICAL CORRESPONDENCE | Gemini |

## BLUE/GREEN APATITE'S JOURNEY TO YOU

Blue and green apatite grow commonly together and correspond specifically with the Heart and Throat Chakras. By healing this energy center, blue and/or green apatite encourages open, honest communication. It's also a popular stone for managing weight issues. Working with blue and green apatite is said to reduce cravings and guide you toward greater physical and spiritual health to help you eat only the "true" amount of food you need to satisfy your physical appetite. This stone asks you what you are truly "hungry" for, which is often not food. Follow your deepest desires to unlock the mysteries of your soul.

## CRYSTAL HEALING WITH BLUE/GREEN APATITE

### Where to use or place on body for healing

Blue/green apatite is a powerful stone for cleansing and healing the Heart and Throat Chakras, which are located at your physical heart and throat and serve as your centers of truth, wisdom, and love. Hold this gem to your Heart and Throat Chakras during meditation, allowing it to guide you toward the truths you wish to share with the world. Blue/green apatite also helps families, friends, and couples establish a harmonious environment of openness and honesty. This gem is an especially good stone for writers and public speakers to work with—anyone who wishes to strengthen their communication skills. Blue and/or green apatite is also an ideal stone to keep in your creative and work spaces.

### For the beginner

- Strengthens intuition and offers motivation and a sense of direction, helping you channel energy in positive ways.
- Improves concentration and focus, enhances time management and communication skills, and brings ambition and motivation, making it ideal for students.
- Reduces cravings and helps you heal issues around weight management. It aligns you with your healthiest, highest self, guiding you to develop habits that promote both physical and spiritual wellness.
- Helps you rise above negative emotions and see situations from a higher perspective. For those who struggle in social settings, blue apatite promotes openness and a sense of trust and ease. It brings hope and helps you connect with others from a place of greater authenticity and understanding.

### For the advanced practitioner

Blue apatite cultivates and strengthens psychic gifts while green apatite grants access to the subconscious mind, drawing your innermost thoughts and feelings to the surface so that you may heal in deep, long-lasting ways. This stone also channels past-life wisdom, leading you to learn from past-life experiences and clear intergenerational trauma. Blue apatite in particular aids psychic visioning, astral travel, and lucid dreaming, making it a powerful stone to keep at your bedside. Green apatite uplifts you and raises your personal frequency and physical metabolism, helping you maintain a high vibration and guiding you to greater overall well-being.

### BLUE/GREEN APATITE'S MAGICAL MESSAGE FOR YOU

**"When you feel lost, close your eyes and let my wisdom guide you. In times of darkness, a light will shine—leading you to the path that your angels have paved for you."**

APATITE

# YELLOW APATITE

COURAGE
MANIFESTATION
PERSONAL POWER

| | |
|---|---|
| MOHS HARDNESS | 5 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Afghanistan, Mexico |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Fire agate, garnet, howlite, sunstone, tiger's-eye, yellow jasper |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Virgo, Sagittarius |

## YELLOW APATITE'S JOURNEY TO YOU

Yellow apatite is a very rare hexagonal mineral comprised mainly of calcium and phosphate. It's one of the most important stones for manifestation, faith, and optimism. In feng shui, yellow apatite represents the element of fire, bringing enthusiasm, warmth, and increased activity. It is said that it should be placed in the southern aspect of your home to enhance your reputation and standing within your community.

## CRYSTAL HEALING WITH YELLOW APATITE

### Where to use or place on body for healing

Yellow apatite boosts self-confidence and helps you become more assertive and gain clarity around your needs and desires. It radiates with solar energy and activates the Solar Plexus Chakra. Think of your Solar Plexus as the sun, radiating warmth and light into life. Hold yellow apatite to your Solar Plexus Chakra during your abundance and manifestation rituals, or simply place it near you and visualize the light of the Golden Ray shining from your sacred center. This is your seat of power, the source of your will. Envision it brighter than ever as you express gratitude for all you've already accomplished and seek strength for all you have left to complete. Balancing the Solar Plexus with yellow apatite results in a self-assured yet humble sense of power.

### For the beginner

- Aids manifestation and attracts prosperity and success.
- Fosters willpower, mental clarity, healthy competition, passion, and positivity. It's also an ally when starting new businesses.

### For the advanced practitioner

Yellow apatite is known as the Manifestation Stone in metaphysical circles. Yellow apatite is the secret weapon for holding your frequency in alignment with your intentions, which is one of the biggest challenges to manifestation. This gemstone throws your Solar Plexus Chakra wide open and helps you step into personal power while you work to turn your dreams into reality. It's the most potent gem of the Golden Ray—it feels like the sun captured in crystal form.

### YELLOW APATITE'S MAGICAL MESSAGE FOR YOU

"Stand courageous and full of power as I bring you into alignment with the abundant flow of the universe. You are as radiant and fiery as the sun, and you have all you need to manifest your desires if you believe in yourself."

**Did you know?**
Apatite is one of the minerals that comprise the teeth and bones of all vertebrate animals.

# ARFVEDSONITE

GROUNDING
MANIFESTATION
PSYCHIC ABILITY

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Canada, Denmark, Germany, Greenland, Norway, South Africa |
| CHAKRA CORRESPONDENCE | Root, Third Eye |
| PARTNERS WELL WITH | Astrophyllite, black tourmaline, garnet, labradorite, manganese, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Gemini |

ARFVEDSONITE'S JOURNEY TO YOU

Arfvedsonite is perhaps the most potent manifestation stone there is. It helps to crystallize all of your desires and manifest them in physical form. It's a sodium-based amphibole mineral that forms small, prismatic fans through larger masses of igneous rock that has slowly crystallized underground over millions of years from liquid magma. Arfvedsonite activates the Third Eye Chakra, bringing psychic awareness and expanded consciousness. The blue fireworklike sparks of light through this stone also remind us of the joy we can find in life, even in the darkest times, and encourage us to hold on to our dreams without doubt or confusion. This faith strengthens our intentions and helps us maintain our frequency—a critical step in the manifestation process.

CRYSTAL HEALING WITH ARFVEDSONITE

### Where to use or place on body for healing

Placed at the Root Chakra, arfvedsonite brings grounding, particularly by manifesting your desires into the physical plane. It also brings stability by helping you become more proactive and ensuring your actions are productive. On the Third Eye Chakra, arfvedsonite sharpens your intuition and clears the mind to facilitate the creative visualization of your goals and dreams. It also opens your inner sight, helping you see visions of the immediate future.

### For the beginner

- Helps you quickly adapt to unfamiliar situations by easing stress and anxiety and promoting clear thinking.
- Enables you to see upsetting or challenging circumstances in a new light, bringing illumination to the darker, shadowy qualities within yourself. You will learn to see them with a fresh perspective, integrating them as unique strengths that create powerful positive changes in your life.
- Assists you in defining your short- and long-term goals, bringing clarity to your visions and easing the path of creation.

### For the advanced practitioner

Arfvedsonite can help you recommit to your spiritual practice, bringing a spark of joy for the healing and energy techniques you may have been using for decades. In manifestation ceremonies or when used in manifestation grids, arfvedsonite represents the fire of creation—the spark you need to inspire and encourage you. If you have felt doubt or frustration when trying to bring your dreams to life, arfvedsonite will rekindle your inner strength and force of will to make those dreams come true. When combined with labradorite at the new or dark moon phase, arfvedsonite can illuminate aspects of your desire previously unavailable or invisible even to you.

ARFVEDSONITE'S MAGICAL MESSAGE FOR YOU

"You have the ability to bring your greatest desires to life, and I am here to help you make them a reality. Work with my inner spark to bring light to the darkness of your self-doubt and transmute it into effervescent joy."

### Did you know?

Arfvedsonite is named after Johan August Arfwedson, who also discovered the chemical element lithium. Discovered just 200 years ago, it's a potent addition to the world of mineral wisdom.

# GREEN AVENTURINE

GROWTH
OPTIMISM
PROSPERITY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Brazil, India, Russia |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Garnet, green tourmaline, moldavite, moonstone, pink tourmaline, ruby |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Virgo |

## GREEN AVENTURINE'S JOURNEY TO YOU

Green aventurine's name comes from the Italian *"a ventura,"* meaning "by chance." This gem is a talisman of good luck, fertility, and growth. Since ancient times, people have worked with green aventurine to attract prosperity. Amazonian warriors would wear it often, believing it to improve their sight and strengthen their creativity. This stone was also popular in ancient Tibet, where people would place the gem on the eyes of their statues to deepen psychic vision and insight. The most common modern use of green aventurine is for growth of every kind: emotional, spiritual, and physical.

## CRYSTAL HEALING WITH GREEN AVENTURINE

### Where to use or place on body for healing

Hold green aventurine to your heart space in meditation or healing work, allowing it to infuse your aura with its lush, nurturing energy. This stone will help you attract love and prosperity by opening your heart to the blessings around you. You can also place green aventurine in your houseplants or in your garden to encourage health and growth. Burying rough green aventurine with the roots of plants when sowing your garden will ensure a strong harvest of whatever you grow. Keeping green aventurine in your work area or creative space will bring good fortune to your business plans and artistic endeavors.

### For the beginner

- Encourages growth in all areas of your life. This gem brings good fortune to any and every pursuit.
- Brings luck to job interviews.
- Promotes hope, joy, and optimism and renews your zest for life with its revitalizing vibration.
- Helps you see the bright side of every situation and encourages lightheartedness.
- Encourages you to embrace change, facilitates the release of unhealthy attachments, and keeps you centered in your heart's wisdom as you navigate emotional challenges.

### For the advanced practitioner

Much like garnet and ruby, green aventurine channels the human life force, helps you accept your own mortality, and provides support during times of challenge, illness, or grief. Green aventurine also lightens the load your heart is carrying by pushing you to release unhealthy attachments and unrealistic expectations. This stone keeps you centered in the present moment, especially when it comes to love and relationships. It encourages you to move forward from the past and revitalizes your sense of hope. The energy of green aventurine embodies the first sign of spring after a long winter—the promise of growth, nourishment, and light after traversing through a period of darkness.

### GREEN AVENTURINE'S MAGICAL MESSAGE FOR YOU

**"Turn your face to the sun and allow yourself to bloom. There is a lush garden within you, waiting to reveal its colors and unfurl its petals. Your deepest intentions are ready to grow and thrive."**

### Did you know?

Green aventurine resonates with both the water and earth elements, embodying emotional healing as well as stability and centeredness.

AVENTURINE

# PINK AVENTURINE

LOVE
COMPASSION
ABUNDANCE

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Brazil, China, India, Russia, Tanzania |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Amethyst, morganite, pyrite, rhodonite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Scorpio, Capricorn |

PINK AVENTURINE'S JOURNEY TO YOU

Pink aventurine gets its color from the presence of iron and lithium and ranges in hue from light pink to dark red. The ancients saw this gem as a talisman of protection, believing it to ensure peaceful sleep, bring health and longevity, and provide safety from harmful spirits. During the Renaissance, pink aventurine was used to attract love and boost fertility, and the ancient Egyptians worked with it to shield themselves from the evil eye. This crystal is also associated with Venus, the goddess of love and beauty. It heals the Heart Chakra, opening you up to all forms of connection and abundance.

CRYSTAL HEALING WITH PINK AVENTURINE

### Where to use or place on body for healing

Pink aventurine opens and heals the Heart Chakra. Hold pink aventurine to your heart space to clear any blockages keeping you from the love and abundance that you deserve. This is also a wonderful stone for couples to work with to ensure openness, harmony, commitment, and understanding. Keep pink aventurine in your home to welcome blessings and surround your space with energies of compassion, stability, positivity, and balance. This gemstone is also a perfect choice for jewelry, as its gentle protective energy keeps you feeling safe and well.

### Did you know?

Pink aventurine contains lepidolite, a natural form of lithium that improves your mood, protects you from negativity, and brings balance and relaxation.

### For the beginner

- Promotes well-being in all facets of your life. This tender gem embodies light and provides support during challenging times.
- Supports spiritual transformation, brings hope and clarity, and helps clear the mind of negative thoughts.
- Opens your heart to healing, prosperity, and love. It promotes compassion, helping you maintain a loving perspective toward others and yourself.
- Helps you attract abundance. It brings good luck to business ventures and promotes creative thinking, leading you toward innovative ideas that will help you create success.
- Provides relief for stress, nerves, and restlessness. It boosts self-esteem, soothes extreme emotions, and helps you feel more secure and grounded in love.

### For the advanced practitioner

Pink aventurine is a powerful stone for connecting with and nurturing the inner child. This stone helps you acknowledge and heal from past wounds, leading you to show your inner child the unconditional love, compassion, and care that they deserve. This crystal deepens empathy, lifts the spirit, and relieves you of emotional burdens, helping you feel lighter and happier. In addition, pink aventurine serves as a nurturing source of support during spiritual journeys and supports coming back into your body after meditation or ritual.

PINK AVENTURINE'S MAGICAL MESSAGE FOR YOU

"You are deserving of love and abundance. Open your heart to your blessings; let beauty wash over you."

# YELLOW AVENTURINE

ADVENTURE
COURAGE
SELF-CONFIDENCE

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Austria, Brazil, Chile, China, India, Italy, Russia, Spain, Tanzania, Zimbabwe |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Carnelian, citrine, green aventurine, pyrite, vanadinite, yellow apatite, yellow jasper |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## YELLOW AVENTURINE'S JOURNEY TO YOU

Yellow aventurine is the rarest color in the aventurine mineral group; it's a form of microcrystalline quartz that gets its warm, optimistic hue from tiny inclusions of muscovite, hematite, and goethite. In ancient Tibet, it was believed that yellow aventurine could improve nearsightedness and other vision issues. They would even place aventurine in golden hues on statues' eyes to enhance their visionary guiding powers. More modern uses of yellow aventurine focus on the Solar Plexus Chakra and the digestive system, which often fall out of balance when a person feels discouraged or incompetent in their professional or personal lives. Thus it can be a critical ally in the building of confidence and self-esteem.

## CRYSTAL HEALING WITH YELLOW AVENTURINE

### Where to use or place on body for healing

Yellow aventurine resonates with and opens the Solar Plexus Chakra, boosting vitality, action, and confidence. Placing it on your belly during meditation brings you into the present moment and inspires you to grow toward your highest good. Yellow aventurine is also a powerful healer of the heart and spirit, bringing a sense of joy and enthusiasm back into your life. If someone has slighted you, carrying a piece of yellow aventurine whenever you are near them will help heal the relationship.

### For the beginner

- Invokes a daring sense of adventure.
- Heals long-term relationships by replacing boredom with the excitement, joy, and laughter felt in the first bloom of romance.
- Helps with manifestation by strengthening your self-belief and personal power.

### For the advanced practitioner

Yellow aventurine is an excellent stone to work with when you're ready to evolve, elevate, and expand. It alleviates grief, urges compassion, and stimulates the positive flow of chi throughout your body. Yellow aventurine also helps you make quick decisions when speed is of the utmost importance, such as in emergency situations or in fast-paced careers.

### YELLOW AVENTURINE'S MAGICAL MESSAGE FOR YOU

"Embrace your confidence, courage, and self-worth in order to live your life to the fullest. Allow the fire to burn through all of your fears and insecurities when you are in my presence."

### Did you know?

Some of the very first tools created by humans were made from golden aventurine found in the Ethiopian Omo Valley, dating back over 2 million years ago.

# AXINITE

CLARITY
PAIN RELIEF
WELLNESS

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Africa, France, Mexico, Peru, Russia, United States |
| CHAKRA CORRESPONDENCE | Root, Third Eye |
| PARTNERS WELL WITH | Alexandrite, beryllonite, danburite |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## AXINITE'S JOURNEY TO YOU

Axinite's name refers to how its crystals form in wedges with sharp edges and the appearance of an ax. This unusual structure makes axinite a popular stone among collectors, and it's even reflected in some of its metaphysical properties, particularly its ability to cut through the boundaries of sleeping and waking states to allow vibrant lucid dreams and astral traveling experiences. Axinite is also known to cut through pain and reduce inflammation, even more powerfully than bloodstone, especially in the areas of the legs and feet.

## CRYSTAL HEALING WITH AXINITE

### Where to use or place on body for healing

Axinite draws energy up from the earth and through your energy system to revitalize your whole body, bringing general well-being and endurance. For the best effect, place it close to your Root Chakra, even if that means carrying it in your back pocket during the day. Set on the Third Eye Chakra, axinite stimulates your practical reasoning skills and improves your memory. It also helps to expand your awareness of subconscious thoughts and patterns, especially ones that pop up to distract you when you are trying to meditate. Similarly, it also allows you to see experiences and wounds from past lives that are still subconsciously affecting your current choices so you can heal the patterns they have established. Placed on both the Third Eye and Root chakras simultaneously, axinite can help you ground excess energy that may be leaving you untethered after deep meditation, or keep you grounded while you work with other high-vibrational stones such as barite or moldavite.

### For the beginner

- Promotes inner harmony, cooperation, and conflict resolution.
- Strengthens the bonds of friendships and stabilizes rocky relationships.
- Empowers you to make the right choices and brings acceptance of change in the wisdom that, while challenging, it moves you toward your highest purpose. Neutralizes excess energy and helps remove energetic blockages in the system, which is the root of its healing and pain-relieving properties.

### For the advanced practitioner

Axinite strengthens the memory of any insights or visions you gained and anchors you after any outer journeying or astral travel. It connects the conscious and subconscious minds, helping you access information from previous and future incarnations and overlay them in healing sessions to infuse your current energetic field with ideal wellness. It can also heal pain and illness by helping you reverse-engineer the sources of illness and pain.

### AXINITE'S MAGICAL MESSAGE FOR YOU

"Wield my blade to cut through the boundaries between dreams and reality and see that the separation between lives, worlds, and dimensions is an illusion. I will help you bring knowledge and healing back from these journeys of inner exploration that you didn't realize you had within you."

### Did you know?

Axinite's measure of hardness (Mohs) can vary depending on the main minerals in its composition: iron, magnesium, and manganese. All three minerals are always present, but one tends to be more dominant, affecting its color, which ranges from a deep clove brown to yellow-orange and even a rare violet!

# AZURITE

DIVINE CONNECTION
PSYCHIC ABILITIES
SPIRITUAL AWARENESS

| | |
|---|---|
| MOHS HARDNESS | 3.5–4 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | China, France, Mexico, Morocco, Namibia, Peru, Russia |
| CHAKRA CORRESPONDENCE | Third Eye, Crown |
| PARTNERS WELL WITH | Brookite, carnelian, chrysocolla, covellite, cuprite, malachite, moldavite, natrolite, phenakite, rainbow moonstone, red aventurine, scolecite, sunstone, turquoise |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## AZURITE'S JOURNEY TO YOU

Azurite is a copper carbonate mineral named for its gorgeous, deep azure color. It frequently grows with malachite—another copper carbonate that is a vibrant green. It was prized by Cleopatra, who believed it gave her supernatural powers, and modern metaphysical practitioners recognize azurite's ability to dynamically stimulate the Third Eye Chakra. In particular, it is a potent channeling stone to help spirit-side wisdom come through human channels for Earth-side integration.

## CRYSTAL HEALING WITH AZURITE

### Where to use or place on body for healing

Azurite is among the most powerful healers and activators of the Third Eye Chakra. Placed on this chakra, it enhances inner vision, dream recall, and psychic gifts of all kinds, and strengthens intuition; this position also stimulates intellectual capacity, helping focus and aiding the retention of new concepts. It lets you discern the truth if you suspect you are being misled in cloudy situations. Azurite also strengthens the link between the Third Eye and Crown chakras. Hold a piece of azurite in each hand in meditation to open the relationship between yourself and your guides.

### For the beginner

- Deepens your spiritual practice and awareness in a way that serves the collective highest good.
- Contains primordial energy that's uniquely feminine. Perhaps that's why many modern metaphysical practitioners refer to azurite as a "priestess stone."
- Seals energy leaks and deflects drains on your energy from external sources.
- Stimulates and opens your mind to a broader range of possibilities to improve yourself and society, which in turn helps to alleviate depression and apathy.

### For the advanced practitioner

Azurite is a stone of spiritual mastery. It helps you understand and resolve underlying issues or trauma in your spiritual lineage to heal and reconcile these connections; it also helps you understand and empathize with other people's underlying motives, especially if their actions stem from their own fears or trauma. Similarly, it enables you to maintain objectivity when healing or providing readings for clients so that you don't take on their energies as your own, and you can then relay accurate messages from spirit to them. When combined with prehnite, azurite helps healers see the hidden motives or desires often concealed by others and align both the healer and the healed with their mutual highest good.

### AZURITE'S MAGICAL MESSAGE FOR YOU

"Let me open your third eye and draw out your amazing intuitive abilities. When you work with me, you may want to keep a journal at the ready to record insights. You are full of psychic potential, so let's dig deep together and bring your gifts to the surface."

# BARITE

CLEANSING
SPIRITUAL AWARENESS
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 3–3.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Africa, China, England, India, Mexico, Morocco, Peru, Romania, United States (Arkansas, Nevada) |
| CHAKRA CORRESPONDENCE | Third Eye, Crown |
| PARTNERS WELL WITH | Amblygonite, danburite, fluorite, natrolite, petalite, scolecite |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## BARITE'S JOURNEY TO YOU

Barite often occurs in hydrothermal vents containing ore deposits of silver or lead, and it can be found in a range of colors, from colorless, white, or gray to blue, yellow, or brown, and even a dusky pink. Barite is a valuable ally in breaking and healing ancestral cycles of power struggles still repeating today.

## CRYSTAL HEALING WITH BARITE

### Where to use or place on body for healing

Placed on the Crown Chakra, barite helps clear any blockages hindering you from fully integrating messages from your higher self. It connects you to your highest-vibrational inner guidance for enhanced spiritual evolution and expansion. On the Third Eye Chakra, barite is a neurological healer, bringing balance and flow to the central nervous system and brain chemistry and easing your brain waves into the theta state for deeper meditation. It can also be placed on the Throat Chakra to help alleviate apprehension about sharing your ideas in a group setting and to enhance your intuition about the best ways to communicate your suggestions.

### For the beginner

- Helps you break free of the fears that hold you back from achieving your goals in life.
- Brings fresh excitement about your life purpose and the clarity and motivation to take the steps necessary to achieve it.
- Facilitates deep energetic cleansing that helps you gently but powerfully and permanently release any ideas, fears, and situations that are not serving your spiritual development. This includes freeing yourself from the expectations of others or yourself, and it even helps you release physical clutter around your home!

### For the advanced practitioner

Barite is known as the Flying Stone, as it carries you off to other worlds and dimensions. It helps keep you safe during spiritual exploration while opening access to celestial and angelic energies that rekindle your faith in yourself and in humanity. Barite also helps you clear karmic debts and wounds from past lives and blockages in the upper chakras so that you can move into higher levels of spiritual awareness.

### BARITE'S MAGICAL MESSAGE FOR YOU

"Hold me in your hand, and we'll fly away to other worlds and realms! Let's explore our magnificent universe and bring back the wisdom that will best serve your life purpose and humanity as a collective."

BERYL

# AQUAMARINE

COMMUNICATION
EMOTIONAL DEPTH
SPIRITUAL AWARENESS

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Afghanistan, Africa, Australia, Brazil, Pakistan, United States |
| CHAKRA CORRESPONDENCE | Heart, Throat |
| PARTNERS WELL WITH | Ajoite, blue topaz, chrysocolla, emerald, gem silica, larimar, moldavite, morganite, turquoise |
| ASTROLOGICAL CORRESPONDENCE | Pisces |

## AQUAMARINE'S JOURNEY TO YOU

If you've ever been lulled by the hush of calm waves breaking on a sandy shore, then you know the healing energy of aquamarine. Aquamarine is a form of beryl considered one of the most powerful stones for clearing and activating the Throat Chakra. Its name comes from the Latin *aqua marina,* meaning "water of the sea." Its use dates back to between 200 and 500 B.C.E. in ancient Greece. Associated with the element of water, it brings emotional depth, healing, and energies of the Divine Feminine.

## CRYSTAL HEALING WITH AQUAMARINE

### Where to use or place on body for healing

Aquamarine is most beneficial placed on the Throat Chakra, encouraging you to share your wisdom with the world with clarity and conviction. It's helpful when worn as a necklace by teachers, public speakers, counselors, and other educators. Aquamarine also connects the Throat Chakra to the Heart Chakra to help you speak from your heart. You can place it in any space you use for relaxation, meditation, or prayer to enhance energies of serenity and tranquility. It's said that if you gaze into aquamarine under the light of the waxing moon, you will catch a glimpse of your future.

### For the beginner

- Prepares you emotionally for any situation, helping you respond quickly and calmly when decisive action is needed.
- Allows you to take the lead and delegate duties to others when you are busy or feel overwhelmed while also encouraging you to take accountability for your own actions.
- Helps to clear any issues around communication, such as trauma from verbal abuse, fear of public speaking, or bitterness from past disagreements.
- Enables you to negotiate current conflicts to find areas of compromise, including settling neighborhood disputes or helping two people in a romantic partnership live together in harmony despite differences in lifestyle or spiritual beliefs.

### For the advanced practitioner

A stone of emotional depth, aquamarine is a helpful stone for advanced crystal healers to honor both the light and the shadow—your conscious and subconscious motivations and feelings. It supports you as you do deep inner work, navigating the complexities of emotional and spiritual development. It reveals why you hold on to old communication and thought patterns, including overreaction or manipulation, so that you feel free to release and transmute them to more compassionate responses. Aquamarine helps you negotiate the more nuanced aspects of spiritual awareness, refining how you receive and communicate messages from the spirit world on behalf of your clients. It is even said to help you see your guardian angel. Aquamarine is also said to be useful as a complementary therapy to help soothe inflammation of the throat and mouth, including laryngitis, tonsillitis, and gum disease.

### AQUAMARINE'S MAGICAL MESSAGE FOR YOU

"Dive into the watery energies of the ocean and explore your emotional and spiritual depths. Speak from the heart to heal any pain caused by words in the past. The waters you swim in are safe, and the time has come for you to float rather than fight the tide."

**Did you know?**
According to legend, aquamarine is a mermaid's treasure!

BERYL

# BIXBITE

CONFIDENCE
PASSION
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Brazil, Russia, United States (Colorado, New Mexico, Utah) |
| CHAKRA CORRESPONDENCE | Earth Star, Root, Heart |
| PARTNERS WELL WITH | Aquamarine, dioptase, emerald, heliodor, kunzite, morganite, rhodochrosite, ruby |
| ASTROLOGICAL CORRESPONDENCE | Aquarius, Pisces |

BIXBITE'S JOURNEY TO YOU

Bixbite is also known as red beryl, occasionally referred to as red emerald. It is the rarest mineral in the beryl family, its bright red color coming from inclusions of manganese. It was first discovered in Colorado in the 1980s and was named by Alfred Eppler in honor of Maynard Bixby (1853–1935), a mineralogist from Utah. Bixbite activates the Root and Heart chakras, instilling vitality and passion while enhancing loving connections with other people, animals, and even Earth itself. Bixbite crystalizes in very small pieces and is very expensive because of its rarity; in that way, it teaches us to appreciate the immense power that a very small stone can carry.

CRYSTAL HEALING WITH BIXBITE

### Where to use or place on body for healing

Bixbite stimulates both the Heart and Root chakras, and placing it on these energy centers stimulates passion, love, courage, and self-esteem. When placed on the Heart Chakra, Bixbite helps heal or release codependent relationships that no longer serve your highest good. Placed on the Root Chakra, it activates Kundalini energy and brings a renewed sense of vitality. Between the feet at the Earth Star Chakra, bixbite helps to ground and strengthen your whole auric field and enhances motivation when you feel stuck. It also brings movement and protection to complicated or unsafe situations.

### For the beginner

- Helps you release adverse emotional reactions toward other people or situations.
- Centers your heart in energies of compassion and tenderness toward yourself, helping you forgive past actions that still have feelings of guilt attached to them.
- Enhances harmony and connection in intimate relationships and helps stir passion and sensuality if you feel like your sexual spark has diminished.
- Quickens the healing processes of the physical body, especially after a long period of convalescence.

### For the advanced practitioner

Bixbite is a fantastic healing ally when working with clients who are holding on to a victimhood mentality. When someone comes to you feeling as though the whole world is against them, it will help them release irrational thoughts and fears, prevent any self-harming or destructive behaviors, and increase their self-esteem so that they feel more empowered in taking control of their fate. Bixbite also supports healing from sexual trauma and facilitates feelings of safety and freedom when reconnecting with desire and sexual expression.

BIXBITE'S MAGICAL MESSAGE FOR YOU

"Call on me as your ally when you need deep support when healing from past trauma. I will bring sanctuary from your fears so you can once again feel the freedom of empowerment and self-expression. Reconnect with your desire, and dive back into life with confidence, joy, and love."

### Did you know?

Bixbite is said to help you recognize when you encounter a being who is visiting Earth from another planet or dimension. It supports the ability to see interdimensionally, between and among different planes of conscious awareness.

BERYL

# EMERALD

EMOTIONAL HEALING
LOVE
RENEWAL

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Brazil, Colombia, Russia, Tanzania, Zambia, Zimbabwe |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Aventurine, dioptase, kunzite, lepidolite, moldavite, morganite, rhodochrosite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Gemini |

## EMERALD'S JOURNEY TO YOU

The earliest emerald mining can be traced to ancient Egypt, dating as far back as 1300 B.C.E. The ancient Romans saw this stone as a symbol of fertility, associating it with Venus, the goddess of love and beauty. You may have also heard of the Emerald Tablet, the legendary green stone said to be inscribed with the secrets of the universe. Above all, emerald embodies eternal love and youthfulness. It radiates springtime energies of renewal, rebirth, and growth, helping you channel those feelings of hope and new beginnings into your connection with yourself and others.

## CRYSTAL HEALING WITH EMERALD

### Where to use or place on body for healing

Emerald is the purest gemstone manifestation of the Green Ray, the color of the Heart Chakra. It's also associated with the element of water, making it a potent emotional healer. Hold emerald to your heart space to alleviate heaviness from past hurt and infuse your auric field with gentle vibrations of compassion, love, hope, and encouragement. Though emerald is a heart-centered stone, it also strengthens the mind, enhancing memory and bringing discernment, intuition, and insight. Keep emerald close during divination or meditation to tune in to the wisdom of your heart and see things clearly in the realm of love.

### For the beginner

- Gently opens your heart space, heals past heartache, and tunes you in to the vibration of love.
- Brings healing on all levels, infusing the physical and spiritual bodies with its rejuvenating and nourishing energy.
- Encourages fidelity and commitment and helps you show love to both yourself and others.
- Connects you with your personal power, facilitates heart-based decisions, and encourages you to move through the world from a place of unconditional love and compassion.
- Invites luck and prosperity.

### For the advanced practitioner

Emerald is a powerful tool for tapping into deep insight and intuition. When incorporated into meditation, this gem can aid decision-making and grant clarity surrounding issues of love by tuning you in to the wisdom of your heart and helping you bridge that knowledge with your logical mind. Emerald is also powerful for breaking unhelpful patterns that hold you back from love. It clears stagnant energy from past heartache, soothes heavy and lethargic feelings, and helps you avoid self-victimization. Though it's a love stone, emerald also encourages independence, encouraging you to find a sense of wholeness within yourself. This stone teaches you to radiate love from within, so that you may attract new blessings and soul connections.

### EMERALD'S MAGICAL MESSAGE FOR YOU

"You are deserving of deep love and affection. If you've been hurt in the past, this is your chance to turn over a new leaf. Allow your heart to expand—let the garden of your love grow lush and full."

### Did you know?

Christian legends describe emerald as a stone of resurrection. In ancient times, emerald was believed to alleviate illness, bring emotional and physical healing, and even bestow prophetic visions.

BERYL

# GOSHENITE

AUTHENTICITY
DIVINE CONNECTION
TRUTH

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Argentina, Brazil, Namibia, Pakistan, Sri Lanka, United States (Alabama, Massachusetts, North Carolina, Washington), Zimbabwe |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Aquamarine, emerald, iolite, kunzite, morganite, muscovite, nuummite, phenakite |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## GOSHENITE'S JOURNEY TO YOU

Goshenite is a form of clear to white beryl with a vitreous luster that's very rare. It was named after its primary discovery site in Goshen, Massachusetts. Goshenite carries ethereal energy that enhances the metaphysical properties of all the other forms of beryl when used in conjunction with them, bringing profound levels of healing and transformation.

## CRYSTAL HEALING WITH GOSHENITE

### Where to use or place on body for healing

A stone of the White Ray, goshenite opens your Crown Chakra to allow you to experience oneness with the Divine. Held in meditation, goshenite is calming and healing to the mind, connecting you more closely to Spirit and deepening your relationship with your highest, most authentic self. It calls forth the Great Spirit, connects you to the ascended masters, and is a powerful tool for accessing and working with the Akashic records.

### For the beginner

- Raises all surrounding vibrations and frees you from low energies such as stress.
- Facilitates improved dream recall and interpretation.
- Clears the mind and promotes logical thinking, making it particularly useful for those studying or in a profession based on mathematics or the sciences.
- Reveals the truth of any situation, sending you subtle messages if someone is trying to hide something from you or isn't being totally honest in their dealings.
- Fills you with a general sense of peace and calm.

### For the advanced practitioner

Goshenite boosts concentration, motivation, and determination, helping you see projects through to their completion. It is also said to be a stone of loyalty and unity, promoting fidelity in relationships and creating a sense of camaraderie and support in larger groups of friends. Goshenite enhances the vividness and quality of visions that you receive during journey work and meditation, connecting you to the frequencies of the higher realms with ease. It also facilitates clarity during lucid dreaming experiences.

### GOSHENITE'S MAGICAL MESSAGE FOR YOU

"Embrace clear thinking, higher wisdom, and truth with me as your ally. It is safe for you to align your actions with your beliefs in order to bring more light into this world. In this way, people will be able to see the real you, and the right people will stand by you in perfect unity."

### Did you know?

Goshenite is said to relieve headaches, insomnia, mood swings, and the symptoms of mild allergies.

BERYL

# HELIODOR

LEADERSHIP
MANIFESTATION
MOTIVATION

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Afghanistan, Brazil, Madagascar, Namibia, Pakistan, Sri Lanka |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Carnelian, citrine, golden healer quartz, imperial topaz, indicolite, pyrite, yellow fluorite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## HELIODOR'S JOURNEY TO YOU

Heliodor is a golden-yellow form of beryl named after the Greek god Helios. Its full name comes from the Greek *"helios doron,"* which translates to "gift of the sun." Its color comes from trace amounts of iron, and its first recorded discovery was in Namibia in 1919. Traditionally, it has been gifted to others in jewelry as a sign of sincerity and sympathy. Solar energy is highly masculine in nature, so heliodor is the perfect stone to work with if you need to channel more masculine energy in your life, such as authority, direction, and action.

## CRYSTAL HEALING WITH HELIODOR

### Where to use or place on body for healing

Heliodor resonates with and opens the Solar Plexus Chakra, boosting vitality, action, and confidence. Infused with the power of the sun, it assists in motivation and manifestation and even enhances your memory. Heliodor enables you to manifest all the things you wish to create and can help you attract professional resources and financial abundance. Placed on the solar plexus, it can aid in reducing symptoms of seasonal affective disorder.

### For the beginner

- Brings hope, optimism, and a renewed sense of possibility.
- Helps you believe that you are capable of totally changing the direction of your life.
- Boosts your willpower and drive to succeed if you've been worn down by criticism.

### For the advanced practitioner

Heliodor encourages you in your path of spiritual leadership, helping you fearlessly teach others what you know to be accurate and live your life as an example of the wisdom you share. It also allows you to clear karmic issues to do with a lack of money, especially severing vows of poverty you may have made in previous lifetimes. Heliodor is also valuable for long-term relationships, restoring your enjoyment of sexual intimacy, as well as guiding newer relationships to the next level of close connection and openness with each other. In short, wherever your personal power has been compromised or sacrificed, heliodor enters to restore it and even enhance it beyond what you previously experienced.

### HELIODOR'S MAGICAL MESSAGE FOR YOU

"Feel infused with the life-giving power of the sun in my presence. Allow me to brighten your mind and heart so that even on the darkest of days, there is still light shining from within you. Let yourself be filled with the optimism of all the wonderful things that are coming your way!"

### Did you know?

The largest known faceted heliodor is a flawless 2,054-carat specimen on display in Washington, DC, at the Smithsonian Institution.

BERYL

# MORGANITE

HEART HEALING
LOVE
SOVEREIGNTY

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Brazil, Madagascar, Mozambique, Namibia, Pakistan, United States, Zimbabwe |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Azeztulite, danburite, emerald, green tourmaline, petalite, phenakite, pink tourmaline, rhodochrosite, rhodonite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## MORGANITE'S JOURNEY TO YOU

Morganite is a pink variety of beryl, and its color comes from the presence of manganese. This stone was first mined in 1902 in Madagascar, and today it's sourced from Africa, Brazil, Madagascar, and the United States. Overall, morganite is a stone of divine love, compassion, and forgiveness. It's the most powerful stone for empowered love, opening the heart at deeper levels to make you feel worthy of soul connection. Morganite resonates with the water element, making it a powerful tool for cleansing the heart and emotional body of heavy or stagnant energies.

## CRYSTAL HEALING WITH MORGANITE

### Where to use or place on body for healing

Morganite is a pure Heart Chakra stone. Hold morganite to your heart space during meditation or ritual, and turn your focus toward any heavy emotions you may be holding on to. Morganite will help you release these unhealthy attachments, freeing up space for you to attract new sources of romance and connection. Morganite is an especially wonderful stone to wear as jewelry. You can also keep a piece on your bedside table, in your creative space, or anywhere you wish to imbue with its tender but strong, loving energy.

### For the beginner

- Opens your heart to new love after a period of heartbreak or sadness. Helps you release pain and sorrow, renews the emotional body, and promotes sovereignty and inner strength.
- Helps you attract and maintain soul connections that are in service of your highest good.

### For the advanced practitioner

Morganite opens the heart at deep spiritual levels, attuning you not only to the love of those around you but to the greater love of the universe. This gem opens the "angelic heart," bridging your heart with the heart of the higher realms. It helps you to be more open and vulnerable with your emotions for deepened intimacy and connection. In addition, morganite brings deeply stored trauma to the surface, helping you acknowledge and release any hurts that are keeping you from attaining the love you deserve. Morganite is an especially supportive stone for those experiencing grief or loss. It vibrates at the frequency of divine love, radiating tender compassion into every facet of your life.

### MORGANITE'S MAGICAL MESSAGE FOR YOU

"Love is never lost; it resides within you, waiting to be accessed. Open your heart to the connection you deserve. It is safe to share yourself with others. Remember the queen you are, and accept nothing less in relationships than to be honored, revered, and prized."

### Did you know?

Morganite is known to promote equality in relationships, encouraging harmony and reconciliation. It is ideal as a centerpiece of engagement rings and ensures a healthy balance of power in marital relationships.

# BIOTITE

ALIGNMENT
CLARITY
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 2.5–3 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Amethyst, angelite, lapis lazuli, lepidolite, rainbow moonstone, shungite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Scorpio |

## BIOTITE'S JOURNEY TO YOU

Biotite was named in 1847 in honor of the French physicist, mathematician, and mineralogist Jean-Baptiste Biot, who discovered the magnetic field that is produced by a constant electric current running through a wire. Biotite is the name given to black mica, though when its thin sheets are separated and held up to the light, its actual color can range from brown to dark green. It's well known for boosting and healing your life-force energy. If you're feeling a bit run-down, biotite will pick you up and put you back together.

## CRYSTAL HEALING WITH BIOTITE

### Where to use or place on body for healing

Biotite can be placed on the Crown Chakra to bring clarity to your thinking process, allowing you to see an issue objectively. Still, at the same time, it lets you feel divinely supported and loved as you move through the decision-making process. Placed at both the Crown and Root chakras, biotite removes blockages through the central energy system, allowing your life force to flow with ease and grace.

### For the beginner

- Brings the mental and spiritual clarity needed to align with your highest good, helping you discern your path.
- Encourages acceptance of the things that you cannot control, especially the decisions of other people, and helps you to look forward to the next steps in life.
- Eases the symptoms of depression and anxiety, and when paired with lepidolite, can also support peaceful sleep and rest.

### For the advanced practitioner

Biotite is a stone of reflection. It helps you perceive your own flaws without judgment, instead looking to how you can change in ways that support your highest good in the future. Biotite also helps you reflect on your preconceived ideas about other people, situations, and cultures and release any ingrained thought patterns that may be based on prejudice. Similarly, it helps you see the many things in life you should be grateful for and not take those things, especially loved ones, for granted.

### BIOTITE'S MAGICAL MESSAGE FOR YOU

"By connecting you to the objective discernment of the Divine, I can help you see all aspects of your life without judgment or reproach. I will give you the boost needed to overcome adversity and move beyond your entrenched ideas."

### Did you know?

Biotite has been found in the hardened lava flows from the last major eruption of Mount Vesuvius, which destroyed the city of Pompeii.

# BISMUTH

CLARITY
ORGANIZATION
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 2–2.5 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Bolivia, Germany |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Blue kyanite, citrine, labradorite, rutilated quartz, teal fluorite |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## BISMUTH'S JOURNEY TO YOU

Bismuth is considered a metalloid rather than a gemstone and stimulates energies of transformation. Its rainbow of colors can transmit and channel multiple energetic frequencies, giving you access to any information and wisdom you seek. The highly structured appearance of bismuth specimens you see for sale is created by melting down the crystalline metal bismuth and then pulling the metal up slowly on a rod, from which crystals emerge as it hardens. Bismuth itself is a pure element on the periodic table, one of the first ten metals to be discovered. While this structure also occurs naturally, it's very rare to find it so perfectly formed.

## CRYSTAL HEALING WITH BISMUTH

### Where to use or place on body for healing

While most gemstones and sacred materials like metalloids raise energy through the Root Chakra to bring vitality and grounding to the whole body, bismuth works in the opposite direction, drawing energy through the Crown Chakra down the central energy meridian to the Root, encouraging the practical application of divine wisdom. Placing it on either or both of these chakras will facilitate this process. Set on the Solar Plexus Chakra, bismuth can also help reduce fever and alleviate stomach problems such as acid reflux or ulcers as a complement to regular medical treatment. You can also place bismuth in rooms where meetings or brainstorming sessions will be held to help generate peace, communication, and connection.

### For the beginner

- Brings organization and direction to your life.
- Helps you create a practical framework for bringing your ideas into reality.
- Enhances self-reflection while soothing the emotions and calming the mind, so that logic can take the lead even when you are working with highly esoteric concepts.

### For the advanced practitioner

Bismuth can be used as a transmitter that stores energy and rereleases it when needed. For example, suppose you meditate with bismuth when experiencing amplified joy or excitement. In that case, it will keep that energy for you so that you can retrieve it again when facing more challenging times. It helps you feel connected to both the Divine and the people around you, yet also brings calm to the storm, instilling you with serenity if you're in an environment that feels chaotic or overwhelming.

### BISMUTH'S MAGICAL MESSAGE FOR YOU

"When you channel mystical guidance, I help you organize those concepts so they can be practically applied both to your own life and to your community. Open yourself to concepts beyond the earthly plane; together, we will make them a reality."

**Did you know?**
Bismuth is twice as abundant as gold in Earth's crust. Its rainbowlike colors come from a layer of oxidation of the underlying metallic element, which is actually a silver-white color inside.

# BLOODSTONE

HEALING
PROTECTION
PAIN MANAGEMENT

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, Brazil, China, India, Indonesia, Madagascar, United States (California, Nevada, Oregon, Washington) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Black obsidian, black tourmaline, cuprite, imperial topaz, jet, moldavite, smoky quartz, zincite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Scorpio |

## BLOODSTONE'S JOURNEY TO YOU

Bloodstone is a master healing stone that brings rejuvenation, endurance, protection, and strength. It was first referred to as bloodstone in 1844 by J. D. Dana, referring to its red bloodlike spots, but before that it was known as heliotrope; in Greek, *"helio"* means "sun" and *"tropos"* means "to turn toward." Bloodstone is also often referred to as the "spiritual warrior" stone, reflecting its metaphysical properties of giving you the courage to do the right or ethical thing even when it may be an unpopular choice. Crystal healers incorporate this hybrid red-and-green jasper-based mineral into practices to help manage pain. Bloodstone promotes circulation and movement of energy through the tissues, which can help reduce inflammation.

## CRYSTAL HEALING WITH BLOODSTONE

### Where to use or place on body for healing

Placing bloodstone on the Root Chakra enhances your strength and endurance, giving you a boost of energy when you need it most. Carrying bloodstone with you keeps you fully grounded in your body so you can stay focused on practical matters in the physical realm, preventing daydreaming. As its name suggests, bloodstone helps boost blood circulation, especially when placed on the extremities—your feet and hands. Since it's a quartz-bearing stone, a bloodstone generator, sphere, or pyramid is also a fantastic option for use as the centerpiece of a crystal grid with the intention of bringing physical healing and stamina.

### For the beginner

- Offers physical pain relief and is a go-to stone for healing of any kind.
- Brings the resolve to stay true to your path when feeling discouraged, clarity when you feel confused, and courage when you're nervous.
- Eases your aching feet or back if you spend a long time standing or walking throughout the day. Carry a small piece in your pocket for endurance on those long days.

### For the advanced practitioner

Bloodstone is a powerful tool in working with any client who may be facing the reality of terminal illness. It helps to bring acceptance about the prospect of physical death and reassurance that their vital life force will continue beyond their earthly existence. Bloodstone also keeps you grounded through other intense transformations in life, such as changing careers, moving homes, dealing with puberty or menopause, and releasing old relationships or beginning a new one.

### BLOODSTONE'S MAGICAL MESSAGE FOR YOU

"I am a stone of courage and grounding, helping you be comfortable and strong in your physical body. I bring you the strength to get through your day and the perseverance to stay true to your path. Work with me to invoke the endurance and power of the spiritual warrior."

### Did you know?

According to Christian legend, the bright red markings on bloodstone were caused by fallen droplets of the blood of Christ.

# BRONZITE

BOUNDARIES
GRACE
RELEASING

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Root, Sacral, Solar Plexus |
| PARTNERS WELL WITH | Biotite, danburite, fire agate, kimberlite, phenakite, pyrite, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

BRONZITE'S JOURNEY TO YOU

Bronzite is a variety of enstatite that is rich in iron. It was treasured by the ancient Romans, who would use it in protective amulets and grind it into a powder for elixirs designed to fortify the nerves, dispel confusion, and alleviate symptoms of mental illness. It can be found in igneous rocks worldwide and has even been identified in meteorites. Because of its earthly and celestial origins, it helps keep you grounded enough to weather any storm and yet also gives you the courage and sense of freedom needed to break free of societal norms. If your heart is heavy with grief, bronzite steps forward as an ally in the healing process, supporting you as you let go of what is no longer yours to hold or carry.

CRYSTAL HEALING WITH BRONZITE

### Where to use or place on body for healing

Bronzite creates harmony between the Root and Sacral chakras, and placed on both of these energy points, it strengthens your sense of vitality and helps you resolve unsettled emotions and face any situation with courage. It encourages you to shift into the very best version of yourself. Placed on the Solar Plexus Chakra, it boosts your self-confidence and helps you establish boundaries with other people. If others cross those boundaries, it will help you stand up for yourself. Keeping bronzite against your skin is also said to help your body absorb and retain adequate amounts of iron and manganese from your food and nutritional supplements.

### For the beginner

- Helps you move on to the next and best chapter of your life by teaching you to release what no longer serves you with grace.
- Supports the release of denser emotions, such as anger or grief, from both the etheric and physical bodies.
- Encourages you to claim your individuality and reassures you that sometimes a little alone time is okay. You can stay committed to a cause, project, or person without sacrificing self-care and independence.

### For the advanced practitioner

Bronzite is known as the Stone of Courtesy, as it helps you release outdated ideas based on prejudice or incorrect perceptions. It allows you to release unhealthy attachments and codependency in relationships, especially those linked to karmic contracts or past-life issues, helping you appreciate that person for who they are now in the present life. Bronzite allows you to loosen your grip on these relationships, including friendships, so that if they have run their course, they will gently drift away; if it's meant to be, they will eventually return. Bronzite also encourages you to release the unhealthy aspects of your relationship with yourself, letting go of negative self-talk, stress, depression, and self-destructive behavior.

BRONZITE'S MAGICAL MESSAGE FOR YOU

"I am here to support you as you recover from loss and mourn with grace. With me, you can free yourself from the ties that bind you and surrender to the process of moving forward into a new, healthier period of your life. It is time to let go and love yourself more deeply now."

### Did you know?

Despite its name, bronzite does not contain any bronze, which is composed primarily of copper and tin. Instead, it gets its coloring from iron and magnesium.

# BROOKITE

DIVINE CONNECTION
HEALING
SERENITY

| | |
|---|---|
| MOHS HARDNESS | 5.5–6 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | England, France, United States (Arkansas) |
| CHAKRA CORRESPONDENCE | Earth Star, Third Eye, Crown |
| PARTNERS WELL WITH | Danburite, elestial calcite, herderite, moldavite, natrolite, petalite, seraphinite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Cancer |

## BROOKITE'S JOURNEY TO YOU

Brookite was named in 1825 after the English mineralogist Henry James Brooke. It's a rare stone generally found forming in hydrothermal vents and igneous and metamorphic rocks. Brookite is considered one of the Synergy Twelve stones, a harbinger of unity and Source consciousness. It represents the divine balance of cosmic forces within the universe. Brookite also expands your energy field to access interdimensional wisdom and is often found as an inclusion in clear quartz, which amplifies its energy even further.

## CRYSTAL HEALING WITH BROOKITE

### Where to use or place on body for healing

When placed on the Third Eye and Crown chakras, brookite opens divine pathways of interstellar communication. Placed on both the Root and Crown chakras, it helps you integrate this cosmic wisdom practically and enables you to feel present and safe as a spiritual being experiencing life in a physical body. This placement also encourages you to live your life in alignment with your spiritual ideals—to walk your talk and advocate for the spiritual well-being of the collective.

### For the beginner

- Encourages you to find a sense of inner stillness amid the hustle of the world around you.
- Helps you focus on the present moment to find peace within yourself.
- Creates connection with cosmic consciousness and allows you to hear the still, small voice of the Divine.
- Reminds us that we are all one, bringing open-mindedness to viewpoints that are different from our own.

### For the advanced practitioner

Brookite increases the vibrational spin of energy in your auric field and throughout your physical body so you become more open to extradimensional communication. It helps you understand realities beyond the human scope of perception. Brookite is a master healer that activates life-force energy in all body systems and is useful when working with crystal healing clients to help uncover the emotional or spiritual origins of illness and disease. It also encourages you to trust the process of spiritual growth, even if the path seems unclear or as though you are taking a step backward, showing you that all unfolds as it is meant to, in perfect timing for your highest good.

### BROOKITE'S MAGICAL MESSAGE FOR YOU

"I offer you the inner peace and serenity that will open you to streams of consciousness from beyond this world. We are all one, and with greater unity comes greater understanding and healing for us all."

**Did you know?**
Only five stones (including brookite) are naturally composed of titanium dioxide. The other four are akaogiite, anatase, ilmenite, and rutile. Stones with the same mineral composition but different structures are known as polymorphs.

# BUSTAMITE

CREATIVITY
FREEDOM
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 6 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Australia, South Africa, United States (New Jersey) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Black tourmaline, golden labradorite, heliodor, jet, lapis lazuli, rhodochrosite, smoky quartz, strombolite |
| ASTROLOGICAL CORRESPONDENCE | Libra |

BUSTAMITE'S JOURNEY TO YOU

There is some debate about the naming of this stone. Some sources claim that it was named after Miguel Bustamante y Septién, a Mexican mineralogist, and others believe that it was named after General Anastasio Bustamante, a politician who was the president of Mexico three times. The identification of the stone itself is not without a history of complexity either; it is sometimes mistaken for rhodonite due to its similar color. However, bustamite is actually a combination of rhodonite and johannsenite and tends to be a paler pink; on rare occasions, it can be quite fibrous, creating a cat's-eye-type finish when polished. Gem-quality specimens of bustamite are very rare and only found in quantities less than 5 carats, with faceted stones weighing more than 1 to 2 carats being coveted collector items. It's referred to as a talisman of the "new age" due to its capacity to dissolve barriers between people and promote joy within the collective consciousness.

CRYSTAL HEALING WITH BUSTAMITE

### Where to use or place on body for healing

Place bustamite on the Root Chakra for a boost of vitality. It encourages appreciation of our physical lives and awe of the diversity and scope of the natural world. Carrying bustamite with you helps to break down perceived barriers between yourself and others, and meditating while holding it brings a sense of connection with other living beings throughout the known and unknown universe. When placed at the back of the neck and base of the skull, bustamite is also a potent healer of tension in the head and neck. For that reason, it is often referred to as the Migraine Stone.

### For the beginner

- Brings joy, play, and happiness to your life; helps you break free of self-imposed restrictions.
- Creates a feeling of freedom that allows you to tap into your creativity, allowing your inner child to take the lead.
- Helps daunting tasks seem like less of a challenge and breaks you out of "analysis paralysis," so you can go after your passions and dreams.

### For the advanced practitioner

For advanced crystal healers, bustamite also stimulates play and creativity on a sexual level. Keeping it next to, or under, your bed will encourage indulging in your innermost fantasies and safely pushing your sensual boundaries. Bustamite will also enhance the quality and vividness of your dreams. It promotes fertility both physically and in the realms of inspiration and artistic endeavors.

BUSTAMITE'S MAGICAL MESSAGE FOR YOU

"You're never too old to have fun! With me as your ally, you will rediscover your joy and wonder for life, reconnecting with the people around you and even nature itself."

**Did you know?**

Bustamite grows with sugilite, and that particular combination is a potent healer of autoimmune disease.

# CACOXENITE

ALIGNMENT
DIVINE CONNECTION
HARMONY

| | |
|---|---|
| MOHS HARDNESS | 3–4 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Brazil, Canada, Czech Republic, England, France, Germany, Ireland, Spain, Sweden, United States (Arizona) |
| CHAKRA CORRESPONDENCE | Solar Plexus, Third Eye, Crown |
| PARTNERS WELL WITH | Amethyst, brookite, goethite, lepidocrocite, scolecite, sugilite, Super Seven |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius, Aquarius |

## CACOXENITE'S JOURNEY TO YOU

Cacoxenite generally forms as an inclusion or on the surface of other stones, such as quartz and amethyst. It is a mineral composed of iron, aluminum, and phosphorus. It forms in thin, needle-like clusters and can sometimes be mistaken for rutile; rutile often grows in lines or bars, but cacoxenite often looks like tiny golden arrows of light. Cacoxenite was first discovered in an iron ore mine in Bohemia, now known as the Czech Republic. It's known as the Stone of Ascension and is one of the inclusions found in the Super Seven, facilitating spiritual evolution and the expansion of consciousness.

## CRYSTAL HEALING WITH CACOXENITE

### Where to use or place on body for healing

Cacoxenite activates the Crown and Third Eye chakras when placed on them to help bridge the gap between the spiritual and physical realms, connecting you to the Divine and helping you receive messages from your guides and guardians. Cacoxenite also stimulates the Solar Plexus Chakra, and combining this placement with the Crown helps to remind you of your divine origin and purpose and your ability to connect with Source whenever you need, especially during times of self-doubt or emotional upheaval.

### For the beginner

- Helps you release the doubts and self-sabotage of the ego self and surrender to the amazing plan the Divine has for you.
- Encourages you to align your life choices with your spiritual beliefs in creative ways.
- Clarifies your purpose in this lifetime and why you agreed to be incarnated on this plane at this point in our history.
- Soothes the nervous system and reduces the physical symptoms of stress and anxiety.

### For the advanced practitioner

Cacoxenite aligns your personal intentions with the will of the Divine, helping you understand how to manifest spiritual guidance in the physical world to benefit humanity as a whole. Cacoxenite is said to find you when there are changes ahead, to prepare you and lift your vibrations in a way that supports any transitions. At times when you may feel disillusioned with humanity, cacoxenite reminds you of the beauty to be found in this world and the people who inhabit it.

### CACOXENITE'S MAGICAL MESSAGE FOR YOU

"Work with me to release your worries and ascend into a higher-vibrational state to move forward on your Divine mission with purpose and grace."

**Did you know?**
Cacoxenite comes from the Greek for "bad guest," as its inclusion in iron ore reduces the quality of the iron due to its high levels of phosphorus.

CALCITE

# BLUE CALCITE

COMMUNICATION
INSPIRATION
HARMONY

| | |
|---|---|
| MOHS HARDNESS | 3 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Madagascar, Mexico, South Africa |
| CHAKRA CORRESPONDENCE | Throat, Third Eye |
| PARTNERS WELL WITH | Aquamarine, black tourmaline, blue chalcedony, blue lace agate, blue opal, brookite, herderite, moldavite |
| ASTROLOGICAL CORRESPONDENCE | Cancer |

## BLUE CALCITE'S JOURNEY TO YOU

Blue calcite gets its hue from inclusions of oxidized copper, making it a powerful Throat Chakra stone and physical healer, particularly associated with the respiratory system. It encourages you to return to your breath and find calm in the chaos. Blue calcite is also said to help guard against theft, especially when used in combination with black tourmaline. In addition, blue calcite carries a frequency of harmony and reconciliation. If there have been emotional challenges among family members in your home, place blue calcite in common areas to promote peace and tenderness.

## CRYSTAL HEALING WITH BLUE CALCITE

### Where to use or place on body for healing

Blue calcite is primarily a Throat Chakra stone, and when placed on this energy center, it helps to soothe your emotions and enables you to communicate in ways that bring harmony to a conversation. It encourages you to express yourself with peace and compassion, especially toward family members. It also resonates with the Third Eye Chakra and can be placed there to encourage the growth of intuitive gifts such as clairvoyance and telepathy. Placed next to the bed, blue calcite activates the third eye while you sleep to help you recall and interpret dreams you had during the night. You can incorporate blue calcite in a healing grid on a client's or your own chest to bring relief to respiratory symptoms such as a congested cough or mild asthma, as a complement to modern medical and naturopathic treatments. It is a helpful stone when carried by empaths, as it creates a cocoon that shields you from the influence of other people's thoughts and feelings.

### For the beginner

- Encourages creative inspiration and facilitates the expression of new, innovative ideas.
- Helps you to discover harmonious solutions for situations that have been troubling you.
- Floats you gently in and out of the astral realms and other dimensions if you're beginning to explore spiritual journey work.
- Helps you to clearly write down or draw what you discovered in these worlds or describe your experiences to other people.

### For the advanced practitioner

Blue calcite brings awareness about how your thoughts and words affect your reality. It helps you reframe unpleasant sentiments and break out of a bad mood. Being a stone of both the Throat and Third Eye chakras, it helps you to communicate your truth about spiritual matters, whether you are teaching, explaining the crystal healing process to clients, or bravely expressing your beliefs to someone who's more of a skeptic.

### BLUE CALCITE'S MAGICAL MESSAGE FOR YOU

"When you are lost for words, I am here to act as a muse to bring eloquence to the spiritual concepts that matter to you. Carry me with you, and I will also envelop you in beautiful, soft blue light."

**Did you know?**
Blue calcite helps you become actively aware of the more subtle energies around you.

# COBALTO CALCITE

COMFORT
HEART HEALING
HOPE

| | |
|---|---|
| MOHS HARDNESS | 3 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Africa, Europe |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Chrysoprase, green calcite, hematite, kunzite, malachite, pink tourmaline |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Libra |

## COBALTO CALCITE'S JOURNEY TO YOU

Cobalto calcite is a rare variety of calcite that gets its vibrant pink coloring from the chemical element cobalt. The amount of cobalt affects the shade of pink, deepening as the amount of the inclusion increases. It was first discovered in the Calamita mine of Tuscany, Italy. Cobalto calcite is sometimes referred to as the Aphrodite Stone due to its exceptional heart-opening properties that fill your life with joy and compassion.

## CRYSTAL HEALING WITH COBALTO CALCITE

### Where to use or place on body for healing

Cobalto calcite is a powerful Heart Chakra stone that moves any energy stuck in this center. It fills the heart space with unconditional universal love and restores your sense of hope. Kept in the home, cobalto calcite energetically cleanses the environment and invites an atmosphere of nonjudgmental acceptance.

### For the beginner

- Restores tenderness and optimism to your inner child.
- Restores the hope that everything is as it is meant to be when you've been through heartbreak.
- Encourages you to drop your guard around your emotions so that you can open your heart back up to the possibility of giving and receiving love.

### For the advanced practitioner

Cobalto calcite connects with Quan Yin, the bodhisattva of compassion and mercy, who chose to delay the bliss of enlightenment and nirvana to stay on Earth and bring peace to those who are suffering. The gentle energies of this stone will lighten the burden of carrying around trauma, encouraging healing and moving on from these wounds of the past. Cobalto calcite will also help you to release the guilt associated with any mistakes you may have made, as well as encourage acceptance and love for the full diversity of humanity.

### COBALTO CALCITE'S MAGICAL MESSAGE FOR YOU

"No matter how deep the wounds in your heart may run, I bring profound healing, compassion, and unconditional love. Lay the burdens you are carrying in my arms so you can treat yourself with the tenderness and softness you deserve. Be gentle with yourself and others, and know it is safe to love and be loved once again."

### Did you know?

Cobalto calcite can be worked with to prevent or relieve nightmares and night terrors; it relaxes the body as well, to promote restful, continuous sleep.

# GREEN CALCITE

PEACE
HEALING
EARTH CONNECTION

| | |
|---|---|
| MOHS HARDNESS | 3 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Mexico |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Chrysoprase, green apophyllite, green fluorite, lepidolite, petalite, rainforest jasper |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Virgo, Capricorn |

## GREEN CALCITE'S JOURNEY TO YOU

Green calcite is a calcium carbonate mineral and is most commonly found in Mexico, where there are rich, high-quality deposits of the gemstone. This crystal is found in a variety of shades, ranging from pale green to a vibrant emerald color. Since ancient times, green calcite has been known as the Witch's Stone. This gem is a master healer and is deeply attuned to Mother Nature, granting access to the faerie realms and nature spirits. For those who seek to connect more deeply with Mother Gaia and the deep love she has to offer, green calcite is the perfect guide.

## CRYSTAL HEALING WITH GREEN CALCITE

### Where to use or place on body for healing

Green calcite cleanses and heals the Heart Chakra, the center where your capacity for love, compassion, and kindness resides. Hold green calcite to your heart during meditation or healing work to clear any energetic blockages. For those who live in spaces where it's hard to connect with the natural world, green calcite is a wonderful stone to rekindle your bond with Gaia. Green calcite is also an ideal gem to keep in your pillowcase or on your bedside table to promote peace. It stimulates the body's healing abilities, making it a potent ally when you are in need of physical rejuvenation and renewal.

### For the beginner

- Emits soothing and tranquil energy.
- Reconnects you with the wisdom of your heart, helping you act in ways that align with your deepest emotional needs.
- Brings a sense of purpose and possibility and guides you to be gentler with yourself and others.
- Heals heartache, opens you up to new love, and encourages forgiveness of the self and others.
- Clears low-vibrational emotions and helps you embody higher frequencies of serenity, harmony, and calm. It deepens meditation, relieves stress, and promotes pleasant dreams.
- Holds a cooling vibration and soothes "hot" emotions like stress, frustration, and anger.

### For the advanced practitioner

Green calcite vibrates at the frequency of divine love and helps you feel love toward yourself, those around you, and all of creation. This stone promotes generosity, compassion, and altruism, helping you see situations from a higher perspective. Green calcite is also a powerful ally for those experiencing grief; its tranquil energy provides healing and support, attuning you to the nurturing embrace of Mother Earth herself. By strengthening your connection with Gaia, green calcite helps you act in ways that benefit the natural world, encouraging you to act in harmony with the highest good of all.

### GREEN CALCITE'S MAGICAL MESSAGE FOR YOU

"You are a child of Gaia, held in Mother Earth's loving embrace. When you feel alone, look to Nature—seek her medicine in all that you do. Give to the earth, and she will give to you."

**Did you know?**

Green calcite is an especially powerful stone for those with codependent tendencies. This gem encourages you to extend love to others without overlooking your own needs.

CALCITE

# HONEY CALCITE

CREATIVITY
MANIFESTATION
POSITIVITY

| | |
|---|---|
| MOHS HARDNESS | 3 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Mexico, Pakistan |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Amber, carnelian, moldavite, yellow apatite, yellow aventurine |
| ASTROLOGICAL CORRESPONDENCE | Cancer |

## HONEY CALCITE'S JOURNEY TO YOU

Honey calcite is also known as amber calcite and is one of the most abundant minerals on Earth. Most honey calcite on the market comes from Mexico, and this gem's color varies in shade, ranging from light gold to brown and dark gold. This Solar Plexus Chakra gem is a talisman of creativity, positivity, confidence, and manifestation. Since ancient times, it's been revered as a stone of good luck, bringing the fortune and strength needed to bring your dreams to fruition. While empowering and revitalizing, honey calcite also brings a sense of peace, helping you pursue your visions from a state of grounded calm.

## CRYSTAL HEALING WITH HONEY CALCITE

### Where to use or place on body for healing

Honey calcite corresponds with the Solar Plexus Chakra, which is located just above your belly button and is your center of strength and confidence. When dealing with self-esteem issues, hold honey calcite to your Solar Plexus, allowing it to empower you with its golden light. This gem will imbue you with courage and motivation, giving you the push needed to manifest your dreams, from new business ventures to artistic projects. It imparts mental clarity, focus, creativity, and perseverance and helps you see your goals through to completion. Keep honey calcite in your creative spaces or incorporate it into healing rituals to stimulate the flow of life-force energy throughout the body.

### For the beginner

- Stimulates the flow of unconditional love. It's a powerful gem for healing the "mother wound," helping you resolve any underlying issues you may have with the Divine Feminine.
- Offers gentle protection, optimism, and creativity. It aids manifestation, lifts the spirit, boosts willpower, and aids you in releasing negative energies.
- Helps you move forward from heartbreak or loss and embrace the future with courage and openness.
- Helps you tune in to the energy streams of prosperity and wealth, helping you receive all of the blessings that Source wishes to share with you.

### For the advanced practitioner

Honey calcite aids manifestation by helping you channel divine inspiration into tangible action. This gem helps you integrate external wisdom, guiding you to access higher dimensions and utilize their messages in service of your highest good. It also helps you release old thought patterns and habits, revealing new paths that lead to greater well-being and prosperity. Honey calcite encourages you to feel gratitude. This stone enhances personal power and leads you to use your strength in positive and compassionate ways. It encourages you to shine, igniting the light within you so that you may inspire others to shine, too.

### HONEY CALCITE'S MAGICAL MESSAGE FOR YOU

**"The glow of the sun is yours to harness—let your spirit shine in the way it was always meant to. The light within you will lead you to great abundance and success. Trust the direction that it desires to take you."**

### Did you know?

Though a potent Solar Plexus Chakra healer, honey calcite is sometimes also associated with the Third Eye and Root chakras. Honey calcite imparts a sense of grounding, stability, and safety.

CALCITE

# ORANGE CALCITE

CREATIVITY
PASSION
SEXUALITY

| | |
|---|---|
| MOHS HARDNESS | 3 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Belgium, Brazil, Canada, Croatia, Czech Republic, Mexico, Russia, United Kingdom, United States (Colorado, Kansas, Illinois, Indiana, Nevada, Ohio) |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Carnelian, citrine, copper, garnet, gold, golden labradorite, pyrite, ruby |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Leo |

## ORANGE CALCITE'S JOURNEY TO YOU

Orange calcite gets its color from inclusions of hematite. It's found in many kinds of rocks, igneous, sedimentary, and metamorphic. It usually occurs as masses rather than points as it has a microcrystalline structure that makes the individual crystals too small to be seen with the naked eye. Indigenous Mexicans referred to orange calcite as the Burning Stone, as they believed that it absorbed so much power from the sun during the day that it would guard them against evil spirits during the night.

## CRYSTAL HEALING WITH ORANGE CALCITE

### Where to use or place on body for healing

Orange calcite is an aphrodisiac that activates the Sacral Chakra for intensified creativity, pleasure, and passion. It's a stone of endurance, charisma, and sexual energy. Set upon the sacral energy center, this gem enhances your ability to enjoy the process of creation and celebrate all that you birth in the world. Meditate with this sexy gem to revitalize your sex life and bring you a greater sense of physical fulfillment.

### For the beginner

- Ignites and sustains the fires of creativity, especially for artists.
- Brings innovative insight when faced with creative dilemmas such as writer's block, motivating you to see solutions that were right in front of you all along.
- Taps into your inner fire so that you can explore, enjoy, and unleash sexual desires.

### For the advanced practitioner

Orange calcite is said to help with erectile dysfunction and sexual performance issues. Men report that it facilitates sexual stamina and endurance, while women report that it helps counter the effects of menopause on sex drive. Orange calcite can also be worked with to bring healing to old emotional wounds, trauma, and feelings of shame or repression related to sexuality or procreation by supporting and clearing blockages in and around the Sacral Chakra.

### ORANGE CALCITE'S MAGICAL MESSAGE FOR YOU

"Your sexuality is natural and sacred. Explore your body and make your sexual wellness a priority in your life. Sensual pleasure is a beautiful gift you deserve to receive and enjoy in all areas of your life."

### Did you know?

Working with orange calcite is said to bring hormonal balance to the endocrine system and boost your metabolism.

# RED CALCITE

VITALITY
DETOXIFICATION
STABILITY

| | |
|---|---|
| MOHS HARDNESS | 3 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Mexico |
| CHAKRA CORRESPONDENCE | Root, Crown |
| PARTNERS WELL WITH | Ruby, rutile, smoky quartz, sodalite, tiger's-eye |
| ASTROLOGICAL CORRESPONDENCE | Cancer |

## RED CALCITE'S JOURNEY TO YOU

Calcite is one of Earth's most common minerals and makes up the foundation of limestone and marble. Red calcite, in particular, has been used throughout history in cement and other building materials. Today, red calcite is known in the metaphysical world as a stone of vitality and purification. Red calcite is also known to boost life-force energy and detoxify the heart and spirit of negative vibrations. It draws you into your body and helps you find your place on the physical plane.

## CRYSTAL HEALING WITH RED CALCITE

### Where to use or place on body for healing

Red calcite gently boosts prana, or life-force energy. Meditate with this stone when feeling fatigued or lethargic to strengthen vitality and ground yourself in the physical world. Red calcite is an especially wonderful stone to have in your creative space or keep with you during outdoor activities. Artists, athletes, and anyone who utilizes high levels of energy daily will benefit from this gem. Keep red calcite in any space you wish to fill with its high-vibrational, energizing magic.

### For the beginner

- Gently draws you back into your body when you feel physically ungrounded or spacey. This stone boosts vitality and encourages you to appreciate physical pleasures and your own body.
- Helps you develop habits that are in service of your highest good. This gem keeps you focused and helps you see your commitments and intentions through to completion.
- Guides you to release any negative or stagnant energies that keep you from your divine path.

### For the advanced practitioner

Red calcite deepens spiritual awareness and helps you rediscover a sense of wonder about life. This stone activates the Root and Crown chakras, opening up a channel between the two so that negative energies may be channeled upward for transmutation and healing. By healing these two chakras, red calcite forges a connection between your physical and spiritual selves. It quiets the mind and connects you with the consciousness of the Divine while keeping you grounded and rooted in the present moment. Red calcite is also known as a stone of physical regeneration and is recommended for anyone recovering from surgery or sustained illness.

### RED CALCITE'S MAGICAL MESSAGE FOR YOU

"Close your eyes and tune in to your body. Release what no longer serves you and open up to pleasure. I am here to help you heal from the inside out, one cell at a time."

### Did you know?

Red calcite sometimes contains hematite inclusions presenting as streaks of brown and black, lending this stone additional properties of safety, grounding, and security.

# CAMPO DEL CIELO METEORITE

AUTHENTICITY
PSYCHIC ABILITIES
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Octahedrite |
| COUNTRY OF ORIGIN | Argentina |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Aquamarine, charoite, Lemurian quartz, lepidolite, moldavite, phantom quartz, selenite, seraphinite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Leo |

## CAMPO DEL CIELO METEORITE'S JOURNEY TO YOU

The Campo del Cielo meteorite was one of the heaviest single meteorites to impact our planet, with the fragments found to date weighing in at a total of over 60 tons. The Indigenous people of Argentina recall the story of a meteorite falling from the sky in the pre-Columbian era in a place they called Piguem Nonralta, which translates to "Campo del Cielo," or "Field of the Sky." It wasn't until 1783 that an expedition headed by Bartolomé Francisco de Maguna discovered that the fragments were a part of a single large mass, subsequently identified by the Royal Society of London as meteoric in origin.

## CRYSTAL HEALING WITH CAMPO DEL CIELO METEORITE

### Where to use or place on body for healing

Even healing clients who are not very sensitive to the power of crystals will feel the otherworldly energy of Campo del Cielo when you lay it upon them, particularly on the Third Eye Chakra. It boosts your intuition and connects you to latent psychic abilities that have not yet been accessed, helping you become accurate with them quickly and confidently. Keeping Campo del Cielo against your skin is also said to help with iron absorption as well as ease joint pain stemming from arthritis and inflammation. It also eases stress and enhances your immune system.

### For the beginner

- Helps clear negative thought patterns affecting your daily life or your ability to make decisions. It brings inner peace and trust in yourself, allowing you to listen and act upon your instincts and intuition.
- Emphasizes the importance of individuality and doing the things that bring you joy rather than simply following current social trends.
- Boosts your mental and physical fortitude to help you overcome challenges that get in the way of your goals.

### For the advanced practitioner

Campo del Cielo is a material of complete transformation, both physically and spiritually. It encourages you to look after your body as a vessel for your spiritual self while also elevating your consciousness to a whole new level. Campo del Cielo challenges you to reconsider your ideas of who you really are and rebuild yourself in the image of your highest, most authentic self. It reminds you that you are the sole creator of your world and can forge your own path, encouraging you to choose that which brings you ultimate bliss.

### CAMPO DEL CIELO'S MAGICAL MESSAGE FOR YOU

"I crashed to Earth so I could take you soaring to new heights! Prepare yourself for my otherworldly vibrations; I bring serious transformational magic to your life."

**Did you know?**
Fragments of the Campo del Cielo meteorite were rediscovered by the Spanish in 1576, who mistakenly identified it as silver.

# CARBON

GROUNDING
SECURITY
STABILITY

| | |
|---|---|
| MOHS HARDNESS | 1–2 |
| CRYSTAL STRUCTURE | Trihydroxy |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Root, Third Eye, Crown |
| PARTNERS WELL WITH | Diamond, jet, red jasper, shungite, smithsonite |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Libra, Scorpio |

## CARBON'S JOURNEY TO YOU

Carbon is the fourth most abundant element in the universe and the second most abundant element in the human body after oxygen, and is common to all known life-forms; without it, life as we know it would not exist. The physical properties of carbon can vary wildly, from soft graphite, which can be used to write and draw, through to diamond, the hardest mineral on Earth. It was worked with in ancient Sumer and Egypt as a protective talisman against untruthfulness and to dispel fear.

## CRYSTAL HEALING WITH CARBON

### Where to use or place on body for healing

Placed on both the Root and Third Eye chakras, carbon helps you to tune in to your desires and work out what it really is you want out of life. On the Root and Crown chakras, it creates a connection between instinct and higher knowledge to identify and negotiate triggers of the "fight, flight, or freeze" response, helping you understand the difference between intuition and imagination. Carbon held in meditation also helps to clear the mind of worry so that you can reflect on various areas of your life without judgment to see the habits or patterns holding you back. It can also be passed through the aura to heal tears in the energetic field and fill any empty spaces with pure, neutral energy.

### For the beginner

- Encourages financial stability in your life; helps you keep track of your incoming and outgoing resources and helps you manifest enough money to live comfortably.
- Enhances feelings of security in your relationships, strengthening trust and fidelity and creating bonds that are both emotional and intellectual.
- Brings emotional comfort through the aging process, helping you appreciate all you have achieved in your life and become more optimistic about what the future holds.

### For the advanced practitioner

Carbon gives you a peek into the future and helps you to see and navigate all the options you have available. It enables you to organize your life choices to best suit your spiritual evolution and emotional maturation. Carbon also brings awareness of how your feelings can affect the emotions of the people around you. All carbon-based minerals carry a life-force frequency similar to that of the human life force and thus can be worked with to rejuvenate and regenerate the physical body. Carbon can also boost the wearer or bearer's mood and help them overcome the effects of depression.

### CARBON'S MAGICAL MESSAGE FOR YOU

**"My mission is to build and support life. Whether you seek financial security, spiritual development, or strong relationships, I am the foundation of all growth. Work with me to accumulate true abundance in life."**

# CARNELIAN

ENERGY
PASSION
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia, Brazil, India, New Zealand, Uruguay |
| CHAKRA CORRESPONDENCE | Root, Sacral, Solar Plexus |
| PARTNERS WELL WITH | Amethyst, blue lace agate, citrine, danburite, garnet, orange calcite, peridot, petalite, ruby, sunstone |
| ASTROLOGICAL CORRESPONDENCE | Aries, Leo |

## CARNELIAN'S JOURNEY TO YOU

Carnelian is a form of brownish-red chalcedony. Its name comes from *"cornum,"* the Latin word for the red fruit of the *Cornus* tree, reflecting the brilliant coloring it gets from the presence of iron oxide. Ancient Arabians considered carnelian to be the gem of kings and thought that it contained the energy of fire and the bravery of lions. In the French and English royal courts of the eighteenth century, it was worn as a brooch to discreetly wish someone good luck in the "language of gems."

## CRYSTAL HEALING WITH CARNELIAN

### Where to use or place on body for healing

Carnelian resonates with and activates the Root, Sacral, and Solar Plexus chakras. Placed on these energy centers, it boosts vitality, creativity, confidence, passion, and personal power. On the Sacral Chakra, carnelian is said to promote reproductive health. Wearing or carrying carnelian with you helps you feel alert and energized all day, even under strenuous conditions. Meditating with carnelian brings awareness of how to achieve your goals and boosts your enthusiasm for proactive manifestation.

### For the beginner

- Helps you break free of indecision and procrastination to start making wonderful and exciting things happen in your life.
- Encourages you to take that leap into the unknown and explore new paths in life.
- Invigorates your more earthly passions to help you more fully enjoy all that life on the physical plane has to offer, especially if you find yourself stuck in your thoughts or ignoring your physical reality in the name of spiritual pursuits.

### For the advanced practitioner

Carnelian supports you in embracing the curiosity and initiative that can lead to significant transformation. It helps you release feelings of apathy or fear and encourages you to allow yourself to feel passionate. Carnelian also helps you recognize the sanctity of your physical body as a temporary home for the soul and supports you through detox programs, including those for drug or alcohol rehabilitation.

### CARNELIAN'S MAGICAL MESSAGE FOR YOU

"If you have been feeling stagnant, fearful, or just plain stuck in a boring old routine, I am here to spice things up! Rediscover your passion for life, and take a leap of faith into the unknown with me as your ally."

**Did you know?**
Carnelian boosts energy and vitality so effectively that it is referred to as the gemstone version of caffeine.

# CHAROITE

COURAGE
DIVINE CONNECTION
HEALING

| | |
|---|---|
| MOHS HARDNESS | 6 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Russia |
| CHAKRA CORRESPONDENCE | Earth Star, Root, Solar Plexus, Third Eye, Crown, Soul Star |
| PARTNERS WELL WITH | Amethyst, black tourmaline, blue apatite, Campo del Cielo meteorite, jet, moldavite, phenakite, seraphinite, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Sagittarius |

## CHAROITE'S JOURNEY TO YOU

Charoite, found in Siberia, Russia, is named for the Chara River in the same region. It comes in a gorgeous range of purple hues, from pale lavender to deep royal, with complex, swirling patterns that include black dendritic formations and calcite inclusions. Charoite is a stone of power, helping you to break down internal walls regarding standing in your power or misusing it. The dendrites within charoite help keep you grounded as your vibration rises and you engage more deeply with your spiritual path.

## CRYSTAL HEALING WITH CHAROITE

### Where to use or place on body for healing

Charoite helps create a connection between the Heart and Crown chakras to allow you to feel the unconditional love of the Divine while integrating cosmic insight and guidance. Placed on these chakras, it also helps you implement spiritual strategies into your life without feeling detached from the people around you, helping you love and appreciate them for who they are now, meeting them at their own level. Charoite also activates the Third Eye, Crown, and Soul Star chakras, and placing it on any of these energy centers helps you to download the guidance you need to follow your life path in a way that gives service to your wider community. Then move the placement to your Solar Plexus, Root, and Earth Star chakras to actively manifest this path in the physical realm. On the Third Eye, charoite helps you to increase your attention span and learn to discern between spiritual progress and escapism. It also cleanses and purifies the auric field when gridded anywhere on or around the body.

### For the beginner

- Keeps you grounded while exploring your spiritual path, clears and transmutes negativity, protects you from harmful external influences, and stimulates your psychic gifts and healing abilities.
- Brings you the courage to explore your life path (it's known as a warrior stone), drawing your attention to any synchronicities that occur and helping you to interpret their messages.
- Aids in the visioning process of manifestation.
- Brings restful sleep if you are prone to nightmares.

### For the advanced practitioner

Charoite is a valuable ally when engaging in healing sessions with clients. It helps you retain a certain amount of objectivity to discern between the client's issues and your own. Charoite regulates the flow of energy through your body during healing sessions so that you can act as a vessel for high-frequency vibrations, grounding any excess so that you don't experience healer's burnout. It also helps you recognize the areas in life where you need to concentrate on self-healing, showing you that the more you bravely heal yourself, the more good you can do in the world. Charoite often contains a secondary mineral inclusion known as tinaksite, which helps the bearer set and maintain firm energetic boundaries.

### CHAROITE'S MAGICAL MESSAGE FOR YOU

"I am here to help you bravely embrace the path of healing your inner self so that you can more fully heal and serve others. Work with me to embrace your psychic gifts, knowing that you will be protected as you do."

**Did you know?**
Charoite was initially referred to as "lilac stone" when it was discovered in Russia in the 1940s.

# CHIASTOLITE (ANDALUSITE)

GROUNDING
PEACE
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 6.5–7.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| COUNTRY OF ORIGIN | Spain |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Jet, Lemurian quartz, Iodolite, petrified wood, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## CHIASTOLITE'S JOURNEY TO YOU

Chiastolite is a marvel of uniqueness and beauty, representing the artistry of Earth and the palette of nature. It's a variety of andalusite that contains black particles of graphite arranged in crosslike geometric patterns. It's found in schist and gneiss at convergent plate boundaries, where the graphite it contains is pushed aside by crystal growth within a rock that is being metamorphosed. As growth occurs, the particles become concentrated at crystal interfaces, resulting in the cross-shaped pattern inherently embedded in its composition. Because of this incredible phenomenon, people have sought these "cross stones" for hundreds of years and prized them as amulets of protection from evil.

## CRYSTAL HEALING WITH CHIASTOLITE

### Where to use or place on body for healing

Chiastolite activates the Root Chakra, bringing centering, protection, and peace. Placed here, it also helps you to connect with the wisdom of your ancestors and the deep, nurturing medicine of the element of earth. This placement also helps you to feel a sense of belonging.

### For the beginner

- Helps you feel anchored and supported during magical work.
- Provides an energetic container that protects your sacred space from intrusions or harmful influences.
- Helps your inner child feel safe, nurtured, and held.
- Brings a sense of contentment and well-being, especially regarding what you have achieved in life so far.

### For the advanced practitioner

Chiastolite helps bring awareness and acceptance of the life-death-rebirth cycle, reconciling the physical body's mortality with the soul's immortality. It can also be used to gain insight into paranormal experiences and facilitates crossing the veil to commune with your ancestors. Chiastolite also allows you to look deeply within yourself and negotiate how the different aspects of your personality—emotional, intellectual, spiritual, and collective—all work together to create a unified "you."

### CHIASTOLITE'S MAGICAL MESSAGE FOR YOU

"You deserve to feel safe at all times. I will keep you deeply rooted in the energy and sustenance of Earth, bringing through the wisdom of the ancients to guide you on your path."

### Did you know?

Chiastolite was first described in 1754 by the Spanish author, Franciscan priest, and paleontologist José Torrubia, which predates the description of its parent species, andalusite, by 44 years!

# CHLORITE

CLEANSING
HEALING
OPTIMISM

| | |
|---|---|
| MOHS HARDNESS | 2–2.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Brazil, Madagascar, Nepal, Switzerland, United States (New Hampshire, Ohio, Vermont) |
| CHAKRA CORRESPONDENCE | Heart, Third Eye |
| PARTNERS WELL WITH | Charoite, moldavite, seraphinite, Seriphos green quartz |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## CHLORITE'S JOURNEY TO YOU

Chlorite is the name given for a group of phyllosilicate minerals, first identified in 1789 by A. G. Werner and named after the Greek word "*chloros,*" meaning "green." It's found in sedimentary, metamorphic, and igneous rocks, and as an inclusion in clear quartz. It's known as one of the most healing and cleansing stones, bringing well-being to your physical, emotional, and spiritual bodies. In quartz, these properties are only magnified, helping with physical, emotional, and even social media detox.

## CRYSTAL HEALING WITH CHLORITE

### Where to use or place on body for healing

Chlorite resonates with the Heart Chakra, and placed on this energy center, it fills your body and aura with the healing energy of the Green Ray. It works on all the chakras while in this central placement, clearing any negativity and creating a balanced and healthy energy flow throughout all of your bodily systems. Wearing or carrying chlorite enhances feelings of optimism and well-being. Negative energy of any kind cannot survive in its presence.

### For the beginner

- Infuses you with a general sense of optimism and hope.
- Helps you stay focused, removing distractions, anxiety, and stress.
- Restores peace to chaotic situations.
- Invites success and financial prosperity into your life.

### For the advanced practitioner

Chlorite is a fantastic tool for psychic surgery in healing sessions. Its crystalline structure accurately directs healing energy to specific points in the body or auric field and is said to particularly target tumors and other growths. It releases harmful energy buildup caused by the fear of catching a virus or other disease. Chlorite protects you from electromagnetic fields that are emitted by phones and other technology and has been said to help relieve the unpleasant symptoms of radiation therapy. Chlorite is also a potent stone for regeneration of cells and tissues and is therefore often used in healing grids for people who have undergone surgery of any kind.

### CHLORITE'S MAGICAL MESSAGE FOR YOU

**"Your body knows how to heal itself. I am here to help this process flow more smoothly. Meditate with me to hear what your body needs."**

### Did you know?

Chlorite also brings healing to humanity as a whole; use chlorite in planetary or global healing grids to bring health and well-being to all who need it.

# CHRYSANTHEMUM STONE

JOY
PAST LIVES
ROMANCE

| | |
|---|---|
| MOHS HARDNESS | 3–4 |
| CRYSTAL STRUCTURE | Rhombohedral |
| PLACES OF ORIGIN | Canada, China, Japan, United States (Michigan, Minnesota) |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Carnelian, cuprite, moldavite, seraphinite, zincite |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Aquarius |

## CHRYSANTHEMUM STONE'S JOURNEY TO YOU

Chrysanthemum stone was formed during the geological changes that occurred during the Paleozoic era, up to 290 million years ago. It was created by high pressure and temperatures in mud rich in organic matter at the bottom of the ocean. Over eons, celestite, feldspar, andalusite, and calcite seeped through to create the radial flowerlike patterns for which it is so well known. In Chinese lore, chrysanthemum stone was created when two immortal lovers in heaven celebrated their love by raining chrysanthemums down onto the world. Another legend tells the story of two lovers who refused to be separated by fate; they clung to each other until their deaths, when the man turned to stone and the woman turned into a chrysanthemum flower, both forever in each other's embrace.

## CRYSTAL HEALING WITH CHRYSANTHEMUM STONE

### Where to use or place on body for healing

Chrysanthemum stone activates all the chakras but is particularly potent when placed on the Root and Sacral chakras to reconnect you with the primal energy of creation. It helps you navigate past lives to discover when your soul energy first incarnated on this planet. It is also said to relieve menstrual discomfort and boost fertility when placed on the Sacral Chakra alone. When placed on the Heart Chakra, chrysanthemum stone helps you rediscover the joy of romantic love and reestablish feelings of commitment to your current partner.

### For the beginner

- Brings grounding, joy, love, and abundance.
- Invites wealth and good fortune into your life, breaking through any obstacles to financial security, including those you have created with your own thought patterns.
- Encourages you to feel and express love.
- Brings inspiration, life-force energy, and motivation.

### For the advanced practitioner

Chrysanthemum stone enables you to deeply explore past lives, astral travel, and shamanic journeying. It protects your physical body during journey or dream work. It also supports you while you are doing healing work, creating a clear channel that allows the free flow of energy through your system to your client, ensuring you do not become overloaded.

### CHRYSANTHEMUM STONE'S MAGICAL MESSAGE FOR YOU

"Remember the insatiable curiosity you had for learning about life as a child, and work with me to channel that energy into rediscovering yourself. Whether you are exploring past lives or reopening your heart to the magic of love, I will guide and inspire you."

**Did you know?**

Chrysanthemum stone is the official stone of the Chinese imperial family.

# CHRYSOBERYL

ABUNDANCE
MANIFESTATION
JOY

| | |
|---|---|
| MOHS HARDNESS | 8.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Brazil, Madagascar, Myanmar, Russia, Sri Lanka |
| CHAKRA CORRESPONDENCE | Solar Plexus, Heart |
| PARTNERS WELL WITH | Charoite, emerald, kunzite, morganite, phenakite, rose quartz, tsavorite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Capricorn |

## CHRYSOBERYL'S JOURNEY TO YOU

Chrysoberyl comes from the Greek "*chrysos,*" which means "golden," and "*beryllos,*" referring to its high beryllium content. Despite its name, it is not a form of beryl, having a different structure and mineral composition. Chrysoberyl is a highly prized stone throughout Asia and has been associated with protection against the evil eye for thousands of years. It is the stone of Asher, one of the twelve tribes of Israel in the Bible (and the one said to be the most prosperous and happy). It's also one of the stones mentioned as being in the breastplate of Aaron.

## CRYSTAL HEALING WITH CHRYSOBERYL

### Where to use or place on body for healing

Chrysoberyl connects the energy streams of the Solar Plexus and Heart chakras, empowering you to tap into the infinite abundance of the universe to manifest the true desires of your heart. Placed on these energy centers, it also teaches you to stand firm in your power. In a grid on or around the body, chrysoberyl ensures that any healing that takes place during a client's session is permanent by addressing the root causes of the issues brought to light. It is also said that placing it on the Third Eye Chakra will grant visions of the future, with the knowledge that the future is ever-changing based on the choices we make.

### For the beginner

- Encourages a sense of altruism, especially regarding the environment or people in need.
- Promotes feelings of generosity when it comes to forgiving people.
- Allows you to see the good in people and understand their point of view even when it contradicts your own.
- Amplifies the frequency of generosity so that it brings abundance into your own life, as well; the more you give, the more you receive.

### For the advanced practitioner

Chrysoberyl awakens you to your potential for excellence in all that you do. It helps you understand that you are a perfect creation of the Divine just as you are, which allows you to receive prosperity with ease and grace. Chrysoberyl also encourages you to act in alignment with your highest self, opening the channel to the divine wisdom that will help you navigate your life choices for the good of all.

### CHRYSOBERYL'S MAGICAL MESSAGE FOR YOU

"Put away your fears and self-doubt, for you are a Divine being, capable of creating immense good in this world. Through you, all forms of charity can flow, and I am here to facilitate that process. I will empower you to bring hope to the lives of others and, by doing so, bring abundance into your own. To give is also to receive."

**Did you know?**
**Arabic tradition states that chrysoberyl makes its bearer invisible during battle.**

# CHRYSOCOLLA

COMMUNICATION
DIVINE FEMININE
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 2.5–3.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Chile, Egypt, Peru, Russia, United States (Arizona, California, Pennsylvania), Democratic Republic of Congo |
| CHAKRA CORRESPONDENCE | Root, Heart, Throat |
| PARTNERS WELL WITH | Ajoite, aquamarine, azurite, lapis lazuli, larimar, malachite, shattuckite |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## CHRYSOCOLLA'S JOURNEY TO YOU

Chrysocolla was first named in 315 B.C.E. by the Greek philosopher and botanist Theophrastus. It comes from the Greek words *"chrysos,"* meaning "gold," and *"kolla,"* which means "glue." This references the earliest uses of chrysocolla as an ingredient in solder used by the Romans to weld pieces of gold together. Chrysocolla has been found as amulets around the arms of mummified children from early dynastic Egypt to offer protection to their souls in the afterlife. Later, Cleopatra would gift chrysocolla to heads of state to facilitate open communication and ease negotiations. This reflects modern metaphysical uses of chrysocolla as a Throat Chakra stone that builds connections with other people and even Earth itself through compassion, diplomacy, and compromise.

## CRYSTAL HEALING WITH CHRYSOCOLLA

### Where to use or place on body for healing

Although primarily recognized as a Throat Chakra stone, chrysocolla also brings vitalization and calming to Root, Sacral, and Heart chakras as well. At the Root and Sacral chakras, it encourages a connection to the Divine Feminine and sacred sexuality. It connects you to ancient matriarchal lineages in your ancestry—priestesses, queens, oracles, and goddesses—and their innate power that now resides within you. Placed on the Heart Chakra, chrysocolla helps to ease heartache and renew the sense of strength you need to open your heart to love once again. At the Throat Chakra, it enhances the communication of your truth in a way that facilitates diplomacy and negotiation, including knowing when it is more appropriate to remain silent and let the other party speak.

### For the beginner

- Helps you tap into your most profound wisdom and inner knowing.
- Brings you the courage to speak from the heart.
- Amplifies the efficacy of sound healing techniques, including drumming, solfeggio frequencies, singing bowls, and positive affirmations.

### For the advanced practitioner

Not only does chrysocolla enhance our communication with other people, it also deepens our connection with Earth and the Divine Feminine. It is particularly associated with Sophia, the Greek personification of wisdom. It helps you tap into the gifts of your matrilineal ancestors as your own and reminds your soul of a time when the power of women was not questioned as it has been now for centuries. In this way, it represents the union of the feminine and masculine, balancing masculine traits of leadership and authority with the nurturing wisdom of the feminine.

### CHRYSOCOLLA'S MAGICAL MESSAGE FOR YOU

"If you need the courage to communicate that which you know to be true, I am your ally. I am here to connect you with the timeless intelligence and strength of the regal goddesses who came before. All of their sovereignty resides within you now."

**Did you know?**
Chrysocolla is the national stone of Israel.

# CHRYSOPRASE

COMPASSION
OPTIMISM
PERSONAL POWER

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Australia, Brazil, Madagascar, Poland, Russia, South Africa |
| CHAKRA CORRESPONDENCE | Solar Plexus, Heart |
| PARTNERS WELL WITH | Ajoite, amblygonite, danburite, jade, kunzite, morganite, phenakite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Cancer |

## CHRYSOPRASE'S JOURNEY TO YOU

Chrysoprase is the most valuable member of the chalcedony family. It was used in ancient Egypt, Greece, and Rome to create seals, signets, and jewelry and was often referred to as the "stone of Venus." Its name comes from the Greek "*chryssoprason,*" which means "golden leek," referring to its yellow-green color, which comes from the presence of nickel. Chrysoprase is a stone of the Heart Chakra, holding the energy of the Green Ray, radiating harmony, balance, and abundance.

## CRYSTAL HEALING WITH CHRYSOPRASE

### Where to use or place on body for healing

Primarily a Heart Chakra stone, chrysoprase, when set on this energy center, helps you remain heart centered in all of your dealings, reminding you to be compassionate and truthful. It also connects you with the nurturing heart energies of the Mother goddess and other Earth spirits such as the Fae and nature devas, who will direct you in the best ways to bring healing to the environment. Chrysoprase also resonates with the Solar Plexus Chakra to strengthen your willpower and sense of sovereignty. Placing chrysoprase on both of these points coordinates your personal resolve with the desires of your heart, powerfully uniting the energies of these chakras to create the motivation and self-belief to bring your dreams to life.

### For the beginner

- Helps bring closure to relationships that may have ended unpleasantly.
- Supports you moving forward, preparing your heart to give love another chance in new relationships.
- Instills a sense of peace and helps you to recognize your intrinsic beauty and worth.

### For the advanced practitioner

No matter how deep your shadow goes, chrysoprase will help illuminate it in a way that encourages hope and integration by opening the Heart Chakra to divine love and abundance. It helps to ease feelings of isolation and dissociation by bringing a sense of connection to the collective. In turn, this helps to alleviate feelings of either inferiority or superiority, with the realization that we all have unique gifts that we can offer humanity. Chrysoprase can also be worked with to break intergenerational patterns of abuse and trauma before they get passed on to future generations. It also helps you to understand the karmic or past-life reasons behind these cycles in any relationship.

### CHRYSOPRASE'S MAGICAL MESSAGE FOR YOU

"It's time to step out of the shadows and heal your broken heart. Treat yourself and others with compassion and forgiveness to break free from cycles of hurt. It is safe to love again."

### Did you know?

Alexander the Great was said to have worn a chrysoprase gem in his girdle, which helped him remain undefeated in battle.

# CINNABRITE

ABUNDANCE
KUNDALINI ENERGY
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 2–2.5 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | China |
| CHAKRA CORRESPONDENCE | Root, Sacral, Third Eye |
| PARTNERS WELL WITH | Black obsidian, black tourmaline, carnelian, cuprite, garnet, phenakite, zincite |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Gemini, Leo |

## CINNABRITE'S JOURNEY TO YOU

Cinnabrite forms around hot springs, volcanic vents, and sedimentary rocks from recent volcanic activity and is one of the primary sources of mercury ore. This high mercury content requires caution when handling cinnabrite, as it is toxic to inhale or ingest. It invokes energies of the Greek deity Hermes (or Mercury in the Roman pantheon), including mental clarity, fair commerce, and safety during travel. Cinnabrite is often referred to as cinnabar; however, cinnabar is just the red aspect of this stone. Cinnabrite is actually cinnabar in a scapolite-and-quartz matrix.

## CRYSTAL HEALING WITH CINNABRITE

### Where to use or place on body for healing

Cinnabrite activates the Root and Sacral chakras, and set on these points, it stimulates the flow of life force throughout the entire body. It rouses Kundalini energy for transformation and revitalization. On the Third Eye Chakra, cinnabrite brings insight and visions about how to bring your dreams relating to creativity and prosperity to reality.

### For the beginner

- Brings monetary abundance and helps you see wealth as an unlimited form of energy that you can manifest into the world as easily as any other vibration.
- Allows you to face deeply buried emotions, such as fear, bitterness, and rage, so you can release them.
- Boosts your intuition, especially if you are just becoming aware of the subtle energies around you.

### For the advanced practitioner

Cinnabrite is a stone of alchemy and transformation. It enables you to release any limitations you consciously or unconsciously set around your abilities to manifest your desires, allowing you to shift and expand reality to match your will. Cinnabrite teaches that the physical world is as malleable and changeable as the element of mercury itself. It aligns with the Magician card of the tarot, bringing adeptness and flow to your manifestation abilities. Cinnabrite also encourages the exploration of sacred sexuality, honoring the physical experience of sensuality as another form of manifestation magic.

### CINNABRITE'S MAGICAL MESSAGE FOR YOU

"Money is simply another form of energy you can tap into as easily as any other. Release your preconceived notions about the limitations of your ability to manifest. All physical matter is ready for you to shape as you desire."

### Did you know?

The name "cinnabrite" is said to have its roots in Marathi, a western Indian dialect, and means "dragon's blood."

# CITRINE

ABUNDANCE
CLARITY
PERSONAL POWER

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Brazil, Congo, France, Madagascar, Russia, Scotland, Spain, United States (California, Colorado, North Carolina), Zambia |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Amethyst, apophyllite, carnelian, danburite, golden labradorite, heliodor, herderite, imperial topaz, natrolite, peridot, petalite, scolecite, zincite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Gemini, Leo, Libra |

## CITRINE'S JOURNEY TO YOU

Citrine is a member of the quartz family varying in color from light, clear yellow through to a deeper amber tone due to the presence of aluminum. Its name comes from the Latin *"citrus,"* which means "citron," a tree with lemonlike fruit. In general, the darker, orange shades of citrine are actually heat-treated amethyst, though it tends to carry the same metaphysical properties as natural citrine. Darker shades of citrine that are not heat-treated by human hands are actually heated within the earth through a process called irradiation, or the natural warming of the earth to higher temperatures in some regions. In Congo, for example, the earth is warmer than in Brazil, and as a result, the citrine from Africa naturally tends to be a deeper color. Citrine was used in cabochon rings in ancient Greece, dating back to 300 B.C.E. It was worn as a talisman to protect the bearer from the evil thoughts of others and bring financial prosperity.

## CRYSTAL HEALING WITH CITRINE

### Where to use or place on body for healing

Citrine brings healing to the Solar Plexus Chakra, and placed on this energy center, it restores your self-esteem and confidence. It helps you to recognize the special attributes that make you unique. Citrine increases mental clarity and enhances your sense of empowerment, creativity, motivation, and self-expression. Because it is a form of quartz, it is also perfect to use as the centerpiece for any crystal grid with the intention of attracting financial prosperity.

### For the beginner

- Increases your ability to bring your desires into reality.
- Helps you to keep going even when facing challenging obstacles and to take decisive action when problems arise.
- Promotes feelings of worthiness in terms of receiving abundance in all forms and infuses you with wonder and delight.

### For the advanced practitioner

Citrine gives you the confidence to set and maintain emotional boundaries while also encouraging you to be more assertive and outgoing. It helps you to face and heal trauma relating to times you have felt powerless or been abused by others in power. It removes any energetic blocks in your solar plexus that may be causing self-doubt so that you can become a clear channel of high-frequency energies that manifest spiritual intentions on the physical plane.

### CITRINE'S MAGICAL MESSAGE FOR YOU

"Let me ignite your internal power and propel you toward your dreams. True abundance is within your reach, and I am here to help you fulfill your intentions of business development and prosperity."

**Did you know?**

Citrine is also referred to as the "merchant's stone" and is often kept in a business's cash register to stimulate the flow of money.

# COLOMBIANITE

INTUITION
RELEASING
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 5.5–6 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Colombia |
| CHAKRA CORRESPONDENCE | Third Eye, Crown |
| PARTNERS WELL WITH | Black tektite, green garnet, Libyan gold tektite, moldavite, saffordite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Leo |

## COLOMBIANITE'S JOURNEY TO YOU

Colombianite is over 30 million years old and found only in Colombia. There is some debate as to whether this stone is a tektite from a Pliocene-era impact crater site or a very rare form of obsidian from the Paletará caldera. It was sacred to the Indigenous Muisca people. This ancient tribe flourished in Colombia between 600 and 1600 C.E. before it was colonized by the Spanish, who called this stone "*piedra rayo*," which means "lightning stone," referring to how it rapidly illuminates your inner world.

## CRYSTAL HEALING WITH COLOMBIANITE

### Where to use or place on body for healing

Colombianite creates a profound connection between the Root and Soul Star chakras, grounding interdimensional wisdom from higher realms in the physical place. Set on your Crown Chakra, it rekindles your spiritual fire and connection to the Divine. When placed on the Third Eye, colombianite connects you with your inner knowing and amplifies your intuition.

### For the beginner

- Helps to clear built-up negative or stagnant energy in your auric field, especially related to past trauma.
- Connects you with your soul's most profound inner knowing during times of uncertainty or confusion.
- Allows you to release outdated beliefs, negative thought patterns, and emotional baggage to bring deep transformation and spiritual evolution.

### For the advanced practitioner

Colombianite connects you with ancient wisdom and is one of the most potent stones to facilitate vivid past-life exploration. These visions will help you understand who you are today and your current life mission. Colombianite opens channels to the celestial realms, connecting you with divinity and its messages for you about your path.

### COLOMBIANITE'S MAGICAL MESSAGE FOR YOU

"If you are feeling drawn to working with me, then you are feeling the call to fulfill your higher spiritual purpose. I am an immensely transformative stone that will bring powerful shifts to all areas of your life. While some of these changes may seem uncomfortable, they will ultimately lead you to your highest purpose."

**Did you know?**
In normal light, colombianite looks dark brown or black, but when a flashlight or other light source is held to it, you can also find hues of green, gray, and sometimes even purple.

# COPPER

ALIGNMENT
ENERGY CONDUCTING
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 2.5–3 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Root, Sacral, Heart |
| PARTNERS WELL WITH | All |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Libra |

## COPPER'S JOURNEY TO YOU

Copper was one of the first metals to be worked into tools, beginning to replace stone tools from the Neolithic era as early as 8000 B.C.E. It was the first metal to be smelted and shaped in molds in Mesopotamia, from 4000 B.C.E., and intentionally mixed with bronze to create an alloy, from 3500 B.C.E. It was known as "Cyrprium," or the "metal of Cyprus," as this was where the majority of the copper utilized by ancient Romans was sourced. It's found throughout nature in many different forms: in other minerals, such as malachite and chrysocolla; in ocean corals and mollusks; and even in the human body, particularly the blood and liver.

## CRYSTAL HEALING WITH COPPER

### Where to use or place on body for healing

Copper is generally associated with the Root, Sacral, and Heart chakras, restoring your natural energy and vibrant life force while infusing you with a sense of optimism. However, it also functions as the perfect conductor of all other energetic centers in the body, creating alignment and flow, and wearing copper against your body as jewelry increases circulation and eases discomfort and stiffness, especially in your hands and wrists. Hold it in your hands to restore your natural state of harmony.

### For the beginner

- Helps you recognize and release the obstacles, including self-imposed barriers, that keep you from spiritual growth.
- Encourages a sense of empowerment and self-acceptance, reassuring you that you're exactly where you need to be but also giving you the tenacity to reach greater heights.

### For the advanced practitioner

Copper conducts and channels the flow of positive energy through your physical, emotional, and spiritual bodies, bringing them into balance. It restores a sense of vitality when you're feeling lethargic, yet also soothes restlessness and excitability when you feel overwhelmed. In alchemy, copper is the planetary symbol for Venus, representing love, sex, beauty, and artistic creativity.

### COPPER'S MAGICAL MESSAGE FOR YOU

"I channel an abundance of positive energy to create alignment and harmonic flow. Work with me to feel energetic and vital while your mind stays peaceful and calm."

### Did you know?

The copper present in humans as a trace element is essential to the process of creating hemoglobin. One of the best nutritional sources of this mineral is dark chocolate!

# CRADLE OF LIFE STONE

ANCIENT WISDOM
CONNECTION
GROUNDING

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Tetrahedral |
| PLACES OF ORIGIN | South Africa |
| CHAKRA CORRESPONDENCE | Root, Crown |
| PARTNERS WELL WITH | Aragonite, black tourmaline, clear quartz, orthoclase, rhodochrosite, siderite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

CRADLE OF LIFE STONE'S JOURNEY TO YOU

Estimated to be around 700 million years old and containing the physical DNA of early humans, there is no stone as steeped in human history as the Cradle of Life stone. It's found only in South Africa, where our species finds its earliest origin: the Cradle of Humankind. This stone is a powerful reminder of the life force that exists within us all, the divine spark that gives us life. It connects us with our most ancient, prehistoric ancestry and the genesis of humanity.

CRYSTAL HEALING WITH CRADLE OF LIFE STONE

### Where to use or place on body for healing

Cradle of Life stone activates both the Root and Crown chakras, connecting you deeply to your ancestry and the energy of the earth. It connects you to your life purpose, building a connection between you and your ancestors, as well as showing you your earliest incarnations on this planet. Cradle of Life stone grants access to the vast wisdom of the past and draws it into your present. It helps you to see who you really are and why you are here now.

### For the beginner

- Brings powerful grounding and connection.
- Instills a sense of gratitude for all life's experiences, both joyful and challenging, helping you see the wisdom in the lessons learned and the progress you have made through life.
- Brings a sense of compassion and acceptance, encouraging forgiveness of others and yourself without judgment or recrimination.
- Helps you to see that everything in your life has happened for a reason.

### For the advanced practitioner

Cradle of Life stone illuminates the connection between all living beings. It opens your mind to understand life in all its forms, from the tallest tree down to the tiniest single-celled organism. In meditation, Cradle of Life stone merges you with the entire expanse of history. It brings an understanding of the full circle of life, from birth to the final separation from the physical plane. Advanced healers believe that Cradle of Life stone facilitates interdimensional healing by alleviating karmic causes of illness and disease and creating new timelines of wellness and physical ease.

CRADLE OF LIFE STONE'S MAGICAL MESSAGE FOR YOU

"I am a part of the deepest core of your inception on this planet. Work with me to travel back through time and learn all the wisdom humanity has to offer. See the connections between all living beings, and understand your divine and intentional place in the universe."

**Did you know?**
The oldest intact fossilized remains of hominids *(Australopithecus)* ever found originate in the Cradle of Humankind, dating back 3.3 million years.

# DANBURITE

DIVINE CONNECTION
ENLIGHTENMENT
HEALING

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Heart, Crown, Soul Star |
| PARTNERS WELL WITH | Amblygonite, apophyllite, elestial calcite, lepidolite, lithium quartz, morganite, other Synergy Twelve stones, pink tourmaline |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## DANBURITE'S JOURNEY TO YOU

Danburite was first discovered in Danbury, Connecticut, in 1839, which is where it gets its name. The Danbury mine is now buried deep underneath the town, and although it was the first site where this gem was found, it never yielded any gem-quality specimens. Now almost all danburite is sourced from Mexico, though there are other important deposits around the world, including Myanmar, where yellow danburite is found. Danburite is a member of the Synergy Twelve group of crystals, known as the Stone of Enlightenment.

## CRYSTAL HEALING WITH DANBURITE

### Where to use or place on body for healing

Danburite activates the Soul Star Chakra and is a stone of the White Ray, facilitating your connection with higher dimensions and beings of the stars. It's a recommended tool to use in psychic surgery, as it identifies the root cause of pain and removes those energetic blockages and unwanted energies. It also helps you channel universal healing energies without draining your own life force. Kept under your pillow or beside your bed, danburite will also bring restful sleep.

### For the beginner

- Elevates your personal frequency to align with universal streams of healing energy.
- Brings a sense of divine compassion and helps you to inspire others by embodying compassion.
- Helps you let go of intrusive thoughts so that you can drop into meditation.
- Supports spiritual evolution, lifting your awareness and removing anything not serving you from your energetic field; all you have to do is set the intention to do so.

### For the advanced practitioner

Danburite is the psychic surgeon of the Synergy Twelve, allowing you to understand and heal the heart of any issue instantly. This stone helps you find the root cause of intergenerational trauma and locate exactly where it stems from in your lineage. Danburite is useful during shamanic journeying, as well as soul retrieval and integration practices. It also encourages communication with beings from higher realms, including angelic entities, enabling the exchange of information and wisdom.

### DANBURITE'S MAGICAL MESSAGE FOR YOU

"If you've been seeking angelic counsel or wish to expand your consciousness to higher levels of awareness, I am your ally. Work with me to experience incredible spiritual transformation so that you can fulfill the sacred work you came here to achieve."

### Did you know?

The largest faceted danburite in the world weighs in at almost 136 carats and is currently kept in the Natural History Museum in London.

# DIOPTASE

HEART HEALING
PAST LIVES
RELEASING

| | |
|---|---|
| MOHS HARDNESS | 5 |
| CRYSTAL STRUCTURE | Trigonal |
| COUNTRY OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Azurite, cuprite, lapis lazuli, malachite, turquoise, variscite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Sagittarius |

## DIOPTASE'S JOURNEY TO YOU

Dioptase was first discovered in 1793 in Kazakhstan by copper miners and was described as a "primitive form of emerald." After mineral testing, it was found to be a new kind of copper-based stone, and its name was derived from the Greek *"dia optos,"* which means "through visible," referring to the clarity of high-quality specimens. Dioptase forms in warm, arid conditions as a secondary mineral in copper-rich environments, often within limestone or calcite deposits. Dioptase is also known as Congo emerald due to its abundance in this region and its unique, vibrant green color caused by the inclusion of copper.

## CRYSTAL HEALING WITH DIOPTASE

### Where to use or place on body for healing

Dioptase is a Heart Chakra stone that heals past trauma from relationships and helps you move forward confidently. Wearing dioptase as jewelry or holding it during meditation allows its essence to guide you to areas in your life in need of healing, release, and forgiveness. Work with it during ancestral ceremonies and rituals; I find that my relationship with my ancestral line deepens when I work with this gem during shamanic journeys. However you choose to work with dioptase, it will usher you to greater peace and healing and give you the strength to move forward with grace.

### For the beginner

- Brings the qualities of wisdom, discernment, clear sight, and vision.
- Helps you cut through a challenge and see what to do.
- Helps you turn over a new leaf and move on from the past without ever looking back.

### For the advanced practitioner

Dioptase is a rare stone that helps you heal any past wounds in this and previous lifetimes, clearing the path for you to live more fully and presently. Dioptase is a very powerful stone to support you in completing the heavy work of identifying and ultimately releasing your karmic debt, which we all have. Dioptase brings serenity and positive change through compassion for other people and, most important, for yourself. If you come from a family where one particular illness or disease is overrepresented, work with dioptase to overcome the health obstacles that have plagued your line.

## DIOPTASE'S MAGICAL MESSAGE FOR YOU

"You are exactly where you are supposed to be. Allow me to support you as you forgive and release all the old relationship trauma that has held you back and, with an open heart, accept the love and many blessings that are already abundant in your life."

### Did you know?

Dioptase has been used as a pigment in paint dating back to the Iron Age in Ain Ghazal, or modern-day Jordan.

# DUMORTIERITE

CLARITY
INTUITION
PEACE

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Argentina, Botswana, Brazil, India, Japan, Madagascar, Mozambique, Namibia, South Africa |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Blue aventurine, indicolite, iolite, lapis lazuli, phenakite, sodalite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## DUMORTIERITE'S JOURNEY TO YOU

Dumortierite is a deep blue mineral that gets its coloring from inclusions of aluminum, boron, and iron. It was first identified in 1881 by a French mineralogist who named it after the French paleontologist Eugène Dumortier. South African legends describe dumortierite as a form of petrified water that can alleviate sunburn when applied to the skin. Dumortierite is the mineral responsible for the color of blue aventurine and can often be found as a fibrous inclusion in clear and white quartz.

## CRYSTAL HEALING WITH DUMORTIERITE

### Where to use or place on body for healing

Dumortierite is a stone of psychic ability, divine inspiration, higher guidance, and mental discipline, making it a wonderful stone for astrologers and tarot readers. Placed on the forehead, it engages and activates the Third Eye Chakra, bringing enhanced insight and intuition. Dumortierite is also great for students, placed anywhere they spend time studying, as it increases willpower when it comes to learning and improves focus and concentration. I also recommend dumortierite for new parents, as it grants the bearer patience and fortitude, and even helps bring energy and strength to those who are routinely sleep deprived.

### For the beginner

- Opens the third eye for expanded vision, enhances focus and intuition, and calms the nervous system.
- Brings peace, patience, and comfort to anyone going through a difficult time.
- Deepens your connection to spirit guides and enables you to release any energetic blockages.

### For the advanced practitioner

Give this one to healing clients who are dealing with a lot of stress. If you're waiting on some important news, this is your "keep your cool" medicine. Dumortierite reassures you of your role in the divine plan and lets you see how all the lessons in your life, even the challenging ones, have happened for a reason. It enhances your mental willpower and inner discipline, especially when taking on new projects or learning about new concepts and information.

### DUMORTIERITE'S MAGICAL MESSAGE FOR YOU

"Work with me to open your mind to divine inspiration and mental clarity. An expanded and relaxed mind more easily intuits the steps you need to take to follow your life path."

**Did you know?**
Dumortierite is said to relieve headaches when placed on the forehead or to ease nausea when placed on the stomach.

# EUDIALYTE

HEALING
PROTECTION
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Canada, Greenland, Russia |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Black tourmaline, blue scapolite, cuprite, lilac lepidolite, pink lazurine, ruby zincite, smithsonite |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## EUDIALYTE'S JOURNEY TO YOU

Eudialyte was first discovered in Greenland in 1819, but most eudialyte on the market today comes from northern Russia. This stone's name comes from the Greek word *"eudialytos,"* meaning "capable of being dissolved," because it dissolves in acid. Eudialyte is one of the most powerful gems for healing, helpful for boosting vitality and life force while providing psychic protection. It calms the nerves, purifies energy blockages, and supports the immune system. Beyond what it does for the physical body, eudialyte also soothes the heart and emotions. It resonates with both the water and earth elements, helping you mediate between your emotions and your external experience.

## CRYSTAL HEALING WITH EUDIALYTE

### Where to use or place on body for healing

Eudialyte activates both the Root and Heart chakras, helping you stay rooted as you follow your heart path. Hold this gemstone to your heart space or keep it near your feet during meditation or healing work. You can also place it on any tense or pained parts of your body. Eudialyte also makes a beautiful gift for any loved ones in need of healing; it will help them channel calm, grace, and support.

### For the beginner

- Infuses you with its supportive and energizing vibration to overcome fear and self-doubt.
- Gently grounds you if you feel detached from the physical world.
- Encourages you to follow your true path and share your spiritual gifts and abilities with the world. It strengthens self-love and awakens compassion, helping you radiate that tender energy from the inside out.

### For the advanced practitioner

Eudialyte is a potent tool for uniting the physical and emotional bodies, helping you find a balance between what you need to survive and what you need to feel fulfilled. We're often told that following what the heart wants means sacrificing security—but this stone encourages you to find a sense of stability and safety by following your deepest passions and desires. Eudialyte clears past trauma, soothes the "fight, flight, or freeze" reaction, and helps you move through scarcity thinking so you may tap into the infinite abundance of the universe. For those who struggle with autoimmune disorders, eudialyte heals the underlying disconnect between the body and spirit that is a hallmark of these conditions.

### EUDIALYTE'S MAGICAL MESSAGE FOR YOU

"Follow the path of love, and you will find deep healing. The body and the heart space are deeply intertwined. If you are hanging on to something heavy, it's time to let it go. Walk the path of your heart's desires—where infinite abundance and wellness await."

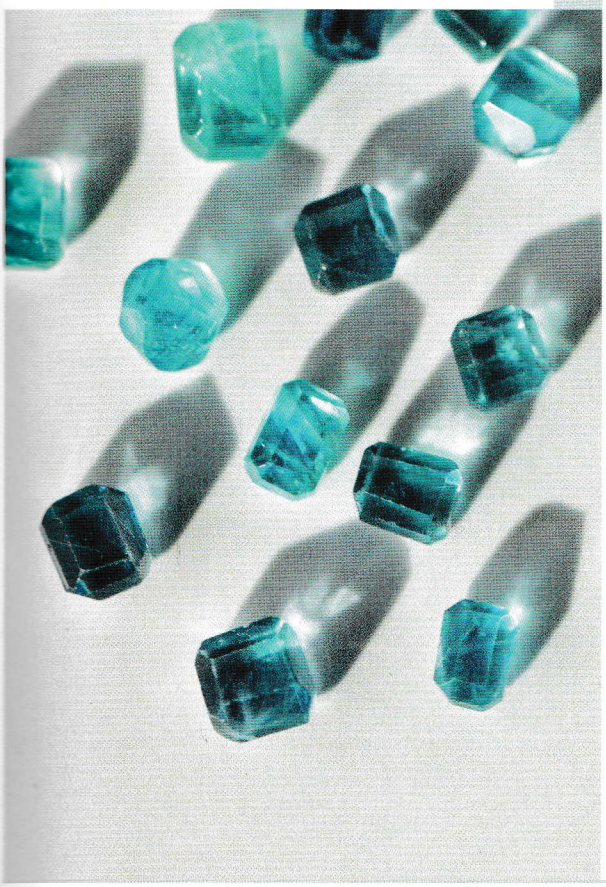
**Did you know?**
Eudialyte contains both manganese and aegirine, which bring emotional support and auric protection.

FLUORITE

# BLUE FLUORITE

CLARITY
COMMUNICATION
SOUL PATHING

| | |
|---|---|
| MOHS HARDNESS | 4 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Argentina, China, England, Germany, United States (Arizona, Colorado, New Mexico) |
| CHAKRA CORRESPONDENCE | Throat, Third Eye |
| PARTNERS WELL WITH | Azurite, blue apatite, malachite, sodalite |
| ASTROLOGICAL CORRESPONDENCE | Pisces |



CRYSTAL HEALING WITH BLUE FLUORITE

### Where to use or place on body for healing

Blue fluorite is one of the most striking gems on the planet, growing in a range of hues from teal to deep indigo. When placed on the Third Eye Chakra, blue fluorite brings visions of future paths that align with your spiritual gifts and purpose. It also helps you to see more clearly how the past has shaped who you are today and helps bring clarity to disorderly thoughts. It is particularly helpful in the same way when kept in your workspace or anywhere you need to take clear and concise notes or keep systematic records. Holding a blue fluorite octahedron in each hand during meditation brings balance to your intuition and physical reality so that you can apply divine wisdom practically to your soul journey.

### For the beginner

- Shows you where to go, how to proceed, and where to seek guidance as you follow your soul purpose.
- Helps you clear mental fog, bring clarity to complex ideas and concepts, and take on new information quickly.
- Softens communication with people who pride themselves on being "brutally" honest.

### For the advanced practitioner

Blue fluorite enhances communication between people and between you and the spirit world, helping you process messages from other dimensions with accuracy to your clients. It also brings clarity to your current situation, and it can be worked with to help a client make appropriate changes to overcome chronic life-path issues, such as career stagnancy and mental health challenges.

BLUE FLUORITE'S MAGICAL MESSAGE FOR YOU

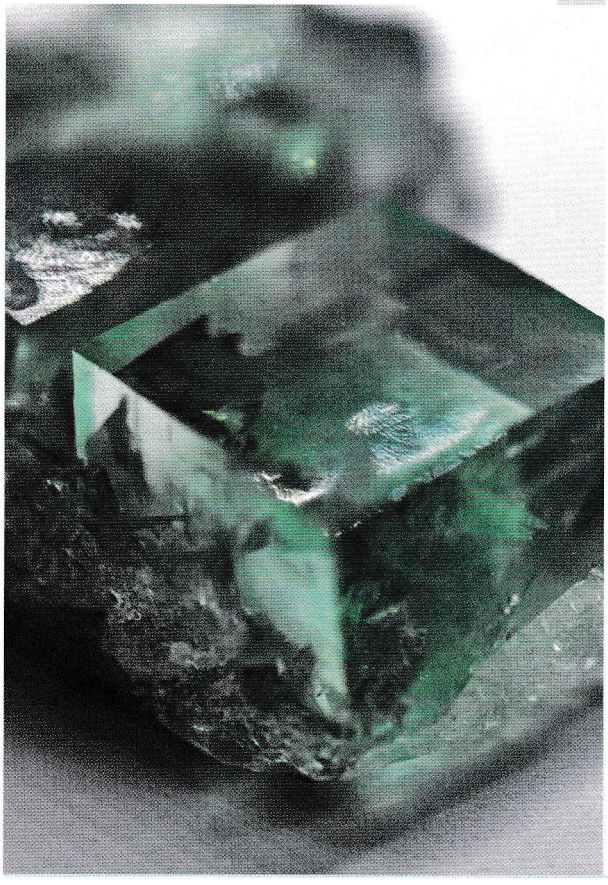
"If you've been lacking direction in life, I am here to help you see the right choices, people, and resources. Trust your intuition and let me lead you down the path toward your highest good."

FLUORITE

# GREEN FLUORITE

EMOTIONAL HEALING
HARMONY
OPTIMISM

| | |
|---|---|
| MOHS HARDNESS | 4 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Australia, China, Mexico, Mongolia, Namibia, Russia, South Africa, Tanzania, United States (Illinois, Kentucky) |
| CHAKRA CORRESPONDENCE | Heart, Third Eye |
| PARTNERS WELL WITH | Amethyst, emerald, malachite, nephrite, red jasper, rhodochrosite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Pisces |



CRYSTAL HEALING WITH GREEN FLUORITE

### Where to use or place on body for healing

Green fluorite is a powerful healing stone that harmonizes the heart and mind, clearing trauma from the emotional body. It resonates with the Heart Chakra, and when you hold it against this energy center, you experience feelings of bliss. Place it above your brow on your Third Eye Chakra during meditation for a deeper connection to your guides and to support a more heart-centered consciousness. Green fluorite is a potent ally for discovering root causes of illness.

### For the beginner

- Leads you to your intended path, bringing optimism for the future and showing you how to move forward.
- Helps to heal heartache and past trauma, bringing ease to emotional wounds and allowing you to reopen your heart to love.
- Brings balance to your emotions and thought processes when you meditate with it, revealing the spiritual direction that is always available to you.

### For the advanced practitioner

Green fluorite teaches you to treat yourself and others with kindness, empathy, and understanding. With this stone, you're able to maintain healthy and fulfilling relationships. You radiate warmth and love. Green fluorite also connects you with nature spirits, especially those associated with the element of water, and strengthens the immune system.

### GREEN FLUORITE'S MAGICAL MESSAGE FOR YOU

"Allow me to bring clarity to your emotions and empathy to your thoughts, for harmony and balance between your heart and mind. Work with me to heal from the pain of the past and return your heart to a state of joy and love."

# PINK FLUORITE

COMPASSION
EXPANSION
LOVE

| | |
|---|---|
| MOHS HARDNESS | 4 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Australia, Colombia, France, Germany, Peru, Spain, United Kingdom, United States (Arizona, California, Illinois, Kentucky, Nevada, Utah) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Amethyst, charoite, iolite, labradorite, purpurite, sugilite, tanzanite, tiger's-eye |
| ASTROLOGICAL CORRESPONDENCE | Aquarius, Pisces |

### Where to use or place on body for healing

Pink fluorite is the rarest variety of fluorite as well as one of the most potent Heart Chakra healing stones there are in the world. Pink fluorite is gentle, soft, loving, kind, and tender and encourages these feelings within you when held against your heart space. Pink fluorite is true medicine for your love path. Keep pink fluorite near your bed to guarantee sweet and peaceful dreams—especially dreams about love and sacred union.

### For beginners

Cleanses and heals the emotional body and activates the Heart Chakra. Brings gentle, soothing, loving energies and peaceful understanding to emotional concerns. Helps you to release bitterness and resentment from the past.

### For the advanced practitioner

Pink fluorite is a transformational stone of compassion, love, and self-esteem. It helps bring resolution to any confusing situations by bringing clarity about what you really feel and desire, especially when it comes to any choices regarding the future direction you wish to take on your soul path. Pink fluorite allows you to determine which changes are most aligned with your heart rather than listening to other people's doubts. It brings a more expansive point of view, freeing you from narrow-mindedness or societal expectations.

### PINK FLUORITE'S MAGICAL MESSAGE FOR YOU

"Feel compassion for yourself and others, and become a conduit for love as you work with me. Release the pain of the past and know that any hurt you have felt is a reflection of your deep ability to love. Love yourself to the fullest and be willing to experience happiness right now."

FLUORITE

# PURPLE FLUORITE

CLARITY
DIVINE CONNECTION
SOUL PURPOSE

| | |
|---|---|
| MOHS HARDNESS | 4 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Australia, Colombia, France, Germany, Peru, Spain, United Kingdom, United States (Arizona, California, Illinois, Kentucky, Nevada, Utah) |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Amethyst, charoite, iolite, labradorite, purpurite, sugilite, tanzanite, tiger's-eye |
| ASTROLOGICAL CORRESPONDENCE | Aquarius, Pisces |

CRYSTAL HEALING WITH PURPLE FLUORITE

### Where to use or place on body for healing

Purple fluorite is a stone for soul work that activates the Crown Chakra. When placed on the crown of your head or held in your hands during meditation, it enhances your psychic abilities, helps expand your consciousness, and deepens your spiritual practice. Purple fluorite reminds you of your decision to come to Earth and complete a human soul contract. When you feel discouraged, work with purple fluorite to rekindle your faith in your creator and in other human beings.

### For beginners

- Helps you to feel proud of your talents and abilities, recognizing how they are essential to your life purpose.
- Helps connect you to the Divine, bringing peace and certainty.
- Stimulates the imagination and helps you to find practical solutions.

### For the advanced practitioner

Purple fluorite helps to bring a sense of clarity about your dharma, or life purpose. When you follow your dharma, you're consciously on the path of spiritual growth, realizing your true nature and higher purpose. We also know dharma as flow and life-force energy—as true alignment with All That Is. Aligning with your dharma sets you on a course that brings abundance, health, happiness, and wisdom.

### PURPLE FLUORITE'S MAGICAL MESSAGE FOR YOU

"Connect with the Divine and find true alignment with your soul's purpose as you work with me in meditation. Stay genuinely open to all possibilities, and you will be shown the way."

FLUORITE

# YELLOW FLUORITE

ABUNDANCE
CLARITY
MANIFESTATION

| | |
|---|---|
| MOHS HARDNESS | 4 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Argentina, China, France, Germany, Madagascar, Mexico, Morocco, United Kingdom, United States (Arizona, Illinois, Ohio) |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Citrine, dioptase, emerald, golden labradorite, heliodor, iolite, kunzite, lapis lazuli, serpentine, yellow aventurine |
| ASTROLOGICAL CORRESPONDENCE | Capricorn, Pisces |

CRYSTAL HEALING WITH YELLOW FLUORITE

### Where to use or place on body for healing

Yellow fluorite activates the Golden Ray and, when placed on the Solar Plexus Chakra, supports the feeling of worthiness in relationship to wealth and abundance. It is the most important stone for overcoming blockages around worth in financial matters, second only to citrine as a wealth-attraction stone. Yellow fluorite reminds you that you are worthy of experiencing all your dreams coming true! Carry this gem or place on your prosperity altar to attract new sources of abundance. Holding yellow fluorite to the stomach and digestive area can help with nausea, and crystal healers also favor yellow fluorite for cases of vertigo and energetic imbalance.

### For beginners

- Helps you release old mindsets and paradigms that link you to a lack mentality and prevent the manifestation of abundance.
- Stimulates greater self-confidence and courage, supporting you as you step into your personal power.

### For the advanced practitioner

Yellow fluorite helps dissolve and transmute anger, resentment, and frustration. By reminding you of your power and possibility, yellow fluorite is useful in releasing the need to prove yourself and helps those who have lost love to regain their confidence and self-worth. When partnered with citrine, yellow fluorite's energy becomes even more powerful and can support all manifestation efforts.

### YELLOW FLUORITE'S MAGICAL MESSAGE FOR YOU

"If you are ready to regain your power, I am here as your potent ally. All of your dreams can come true if you believe in yourself and your abilities. I am here to remind you just how powerful you are!"

# FUCHSITE

LOVE
PEACE
UNDERSTANDING

| | |
|---|---|
| MOHS HARDNESS | 2.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Brazil, Canada, India, Madagascar, New Zealand, Norway, Russia, Tanzania, United States (Colorado, Georgia, Virginia), Zimbabwe |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Blue kyanite, green aventurine, Herkimer diamond, larimar, lepidolite, phenakite, ruby |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## FUCHSITE'S JOURNEY TO YOU

Fuchsite is a chromium-rich member of the muscovite family, named after the German mineralogist Johann Nepomuk von Fuchs. It was described by Pliny the Elder in the first century C.E. in his written work *Naturalis historia,* in which he said "nothing greens greener" than the beautiful hues of this stone. Fuchsite is said to embody the energies of the Greek goddess Gaia, Mother Nature herself. It brings healing to both the physical and emotional hearts, is full of love and compassion, and is said to attract your twin flame into your life.

## CRYSTAL HEALING WITH FUCHSITE

### Where to use or place on body for healing

Fuchsite is a Heart Chakra stone that opens you to new love, peace, and understanding. Holding it against the heart space activates this chakra to help you give and receive love from a place of flow and freedom. It can be gridded on or around the body to strengthen the immune system, encourage cellular regeneration, and boost circulation.

### For the beginner

- Helps you work through old heart wounds to help you express yourself more fully through love. It reduces anxious energy.
- Helps you create and maintain healthy emotional boundaries, gently steering you away from attempts to rescue those who don't want to be saved and redirecting your energy into more useful healing channels.
- Connects you to your intuition to guide you in problem-solving and bring inspiration in matters of the heart.

### For the advanced practitioner

Fuchsite takes the weight of the past off your shoulders so that positive energy can flow through you with ease. It guides you to examine and reevaluate foundational beliefs and ideas with compassion and understanding for the views of others. Fuchsite helps to defuse conflict, protects against the ill wishes of other people, and also enables you to release your own toxic behaviors.

### FUCHSITE'S MAGICAL MESSAGE FOR YOU

"Let the weight of the world lift off your shoulders and allow love back into your heart with me as your guide. No matter the wound, we can work together to bring deep yet gentle healing to yourself and others."

**Did you know?**
It is said that since fuchsite connects so deeply with Mother Nature, it can be worked with as a channel for information about when and how to use herbal and homeopathic remedies.

# FULGURITE

ALIGNMENT
TRANSFORMATION
WISH MAKING

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Aegirine, datolite, flint, Libyan gold tektite, moldavite, pearl, phenakite, scolecite |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## FULGURITE'S JOURNEY TO YOU

Fulgurite, also referred to as "petrified lightning," is tubes of glass that are created when lightning hits silica-rich sand or soil and it fuses from the immense heat and energy. Its shape follows the path of the lightning strike through the ground, perfectly capturing its power in a molten silica matrix. In ancient Greece, it was thought that fulgurite was proof of Zeus's hurling his lightning bolts down to Earth. This stone creates a vortex of energy that transforms and manifests, bringing rapid and profound spiritual evolution.

## CRYSTAL HEALING WITH FULGURITE

### Where to use or place on body for healing

Fulgurite can be laid on every chakra point at the same time for spontaneous, high-frequency alignment and purification. It creates a whirling vortex of energy that cleanses and transforms the whole system. Gridded like this or placed on the Root Chakra alone, fulgurite can also trigger a profound Kundalini awakening. Holding a pair of these stones, one in each hand, during meditation initiates rapid spiritual evolution and clears karmic patterns from the emotional body.

### For the beginner

- Makes your wishes come true.
- Hold it in meditation while clearly visualizing the goal you want to manifest—think about how it would feel if that came true for you. Then bring fulgurite to your lips and blow through the inner tube, imagining the strike of lightning that created the fulgurite returning back to its home in the clouds, taking your wish along with it.

### For the advanced practitioner

Fulgurite brings incredible acceleration to your spiritual evolution, working with you as a channel for the power of the Divine to pass through into the world. It catalyzes transformation through surrender to your highest purpose, bringing significant breakthroughs when it comes to long-held negative patterns or trauma. However, brace yourself; due to the lightning-fast nature of these changes, they may not always be comfortable!

### FULGURITE'S MAGICAL MESSAGE FOR YOU

"A lightning flash holds immense power yet only lasts less than two-tenths of a second. That split second of time is captured within me, ready for you to harness! When you work with me, be prepared for the incredible transformation and manifestation of your deepest desires. Be careful what you wish for; you might just get it!"

### Did you know?

In ancient Greece, it was believed that fulgurite would grant you good favor with Zeus, bringing power, miracles, and abundance.

# ALMANDINE GARNET

GROUNDING
PROTECTION
SEXUALITY

| | |
|---|---|
| MOHS HARDNESS | 7–7.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Austria, Brazil, Canada, India, Madagascar, Myanmar, Pakistan, Russia, Sri Lanka, United States (Alaska, Idaho, Montana) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Black andradite garnet, hematite, Tibetan tektite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

## ALMANDINE GARNET'S JOURNEY TO YOU

Almandine garnet is a cabernet-red gemstone that appears to glow from within. It is said to be named after the town Alabanda in Asia Minor (modern Turkey), where they were cut and polished into gemstones and referred to as *carbunculus alabandicus* by Pliny the Elder. Ancient descriptions of this stone depict it as having the appearance of a fire in the night, reflecting its ability to enhance your personal vitality and passion. Its connection to ancient times means that almandine garnet is also a valuable ally for accessing wisdom from your past lives. It is so profoundly grounding that one touch will help anchor you back into the present after spiritual journeys to distant times and places.

## CRYSTAL HEALING WITH ALMANDINE GARNET

### Where to use or place on body for healing

Placed on the base of your spine at the tailbone, almandine garnet activates the Root Chakra for grounding, vitality, and protection. This position also stimulates and balances Kundalini energy to draw out your inner power and facilitate transformative sexual awakening. Hold it in your hands after spiritual journeying or meditation if you feel a little disconnected to anchor back into your physical body, integrate the wisdom you received, and pull your spirit back to center.

### For the beginner

- Helps steady you in times of instability, worry, and physical recovery after illness or injury.
- Helps you feel secure and safe in your physical body; instills strength, endurance, and regeneration; and helps manifest your desires into reality.
- Reminds women of their divine sexuality, promotes fertility and creation of all kinds, and enables you to stay balanced and safe while exploring your passion and sensuality.

### For the advanced practitioner

Almandine garnet provides spiritual protection when exploring other realms and dimensions, keeping you tethered to your physical body and deflecting negative energies. During these journeys, it helps you access and address soul contracts from past lives concerning abundance, sexuality, and chronic physical illness. If you have clients who feel as though their challenges are insurmountable, using almandine garnet in their sessions will help them overcome any obstacles with grace and ease.

### ALMANDINE GARNET'S MAGICAL MESSAGE FOR YOU

"Whenever you feel ungrounded or lacking in energy and vitality, I will step in and support you. My deep connection with the energies of the earth integrates the wisdom of Gaia with the wisdom of spirit."

**Did you know?**
Throughout history, kings, queens, and warriors have worn almandine garnets as royal adornment. It's even widely accepted that it was the fourth stone in Aaron's breastplate in the Bible, referred to as "Nophek."

GARNET

# GROSSULAR GARNET

ABUNDANCE
HEALING
PROSPERITY

| | |
|---|---|
| MOHS HARDNESS | 6.5–7.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Austria, Italy, Kenya, Madagascar, New Zealand, Poland, Siberia, South Africa, Tanzania, United States (Arizona, Maine, Montana, Texas, Utah, Vermont) |
| CHAKRA CORRESPONDENCE | Solar Plexus, Heart |
| PARTNERS WELL WITH | Apophyllite, emerald, green aventurine, malachite, natrolite, rhodonite, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Cancer |

## GROSSULAR GARNET'S JOURNEY TO YOU

Grossular garnet is a calcium-and-aluminum-rich silicate mineral that is usually found in metamorphic limestone deposits. Its name comes from the French *"grosseille"* meaning "currant" and the Latin suffix *"-aria,"* meaning "looks like," due to their similarity in light green color to this fruit. Tsavorite is a rare, deeper emerald green variation of grossular garnet. It's a relatively recent mineral discovery, first found in the Tsavo region of Kenya in 1960, that facilitates communication with higher spirits, increases psychic awareness, and enhances intuition.

## CRYSTAL HEALING WITH GROSSULAR GARNET

### Where to use or place on body for healing

Grossular garnet activates the Heart Chakra, bringing emotional stability when held against this energy center. It helps you manifest all your visions of prosperity, whether they are related to finances, health, creativity, or emotional abundance. When included in crystal grids, grossular garnet will also purify and detoxify your space. Wearing tsavorite can increase your sense of joy, which, in turn, leads to meeting new people and recognizing the blessings in your own life.

### For the beginner

- Brings success in business and new ventures.
- Increases confidence, helping you act from a space of power and assuredness.
- Purifies negative energy, transmuting and replacing it with a higher and gentler vibration. In that way, this gem also brings health, healing, and regeneration.
- Tsavorite releases old emotional trauma and feelings of inadequacy. It enables trusting in others and encourages socializing and meeting new people.

### For the advanced practitioner

Grossular garnet can help you understand the cyclical nature of your relationships and how they can ebb and flow over time. It allows you to gently release the people and situations who are no longer attuned to your highest good but also encourages you to open your heart and trust in the relationships that are meant to continue. Grossular garnet guides you to find harmonious solutions.

Tsavorite is a stone of the Green Ray, making it an effective healing gem, especially regarding heart and emotional healing. Physically, tsavorite is known to reduce the effects of pollen and animal allergies, support healthy blood sugar, ease inflammation, increase libido, and help recharge the immune system.

### GROSSULAR GARNET'S MAGICAL MESSAGE FOR YOU

"Allow me to help you release old emotional trauma and feelings of inadequacy. Work with me to bring harmony and balance to your emotions, opening the path for new opportunities and people to flow into your life."

**Did you know?**
**Grossular garnet is said to stimulate blood flow and fat metabolism, making it a helpful ally in maintaining a healthy weight.**

# HESSONITE GARNET

ABUNDANCE
PASSION
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 6.5–7.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Brazil, Canada, India, Myanmar, New Zealand, Russia, Sri Lanka |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Amber, carnelian, charoite, clear quartz, dravite, emerald, green calcite, orange kyanite, red aventurine |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## HESSONITE GARNET'S JOURNEY TO YOU

Hessonite garnet is a rare form of orange-brown grossular garnet that's well known for attracting money and bounty. It's also referred to as the "cinnamon stone" due to its warm color. The name "hessonite" derives from the Greek *"hesson,"* or "inferior," in reference to the fact that hessonite has a density and hardness lower than other forms of garnet. But its ability to attract significant, long-term wealth is anything but inferior. In the Vedic tradition, hessonite garnet, or *gomed,* is associated with Rahu, what's called the north lunar node in Western astrology. To transmute Rahu energy, which corresponds in Vedic astrology with negative influences, a hessonite garnet of outstanding quality, no less than 2 carats, is traditionally worn on the middle finger but can be worn on any finger to attract wealth.

## CRYSTAL HEALING WITH HESSONITE GARNET

### Where to use or place on body for healing

Hessonite garnet heals and aligns the lower chakras, instantly bestowing a sense of deep peace and spiritual protection, guarding you against unwanted influences. Placed on the Sacral Chakra, it will ignite latent creativity, inspiring you to develop talents you didn't even realize you had and stirring your passion for life. Wearing hessonite garnet helps balance overtly masculine energies of fear, agitation, anger, and confusion, bringing clarity, balance, and calmness to the mind.

### For the beginner

- Bestows great wealth upon its wearer, especially when set in silver, gold, or copper.
- Helps you attract long-term wealth and aligns you with energetic frequencies of success.
- Reveals new sources of financial opportunity and helps you create strategies for career advancement.
- Provides protection to travelers.

### For the advanced practitioner

Hessonite garnet is rumored to reverse all forms of dark magic and transmute dark energetic code, keeping the wearer safe from physical and energetic harm. If you've been single or alone for a long time, hessonite garnet helps you to overcome feeling excessively independent to the point that you block people from entering your life. It enables you to reconnect with others and let them into your heart.

### HESSONITE GARNET'S MAGICAL MESSAGE FOR YOU

"What are you truly passionate about? Open yourself to the flow of inspiring energy I offer and live a life that is full of happiness and prosperity."

### Did you know?

In Hinduism, hessonite garnet is said to have formed when the demon Vala was destroyed by the gods and his body was turned into precious gems. It was his fingernails that were turned into this particular stone.

GARNET

# MELANITE GARNET

GROUNDING
PROTECTION
STRENGTH

| | |
|---|---|
| MOHS HARDNESS | 6.5–7.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Australia, Canada, China, Congo, India, Italy, Mali, Mexico, Morocco, United States (California, Colorado) |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Black obsidian, black tourmaline, carnelian, jet, onyx, shungite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Scorpio |

MELANITE GARNET'S JOURNEY TO YOU

Melanite was named by Abraham Gottlob Werner in 1799 after the Greek "*melanos*," which means "black." Its dark coloring comes from the inclusion of titanium, which is known to withstand extreme temperatures and is stronger than steel. Also referred to as black garnet or andradite garnet, its cubic form symbolizes fortitude and complexity, making it one of the best stones to add to your safeguarding, protective arsenal.

CRYSTAL HEALING WITH MELANITE GARNET

### Where to use or place on body for healing

Melanite garnet is a powerful Earth Star and Root chakra activation stone that offers psychic protection, filters and removes unwanted energies from your field, and preempts psychic challenges before they can overwhelm you or catch you by surprise. It is immediately grounding and can be held on to for stability and comfort during any emergency situation or after intense spiritual experiences that leave you feeling shaken or untethered.

### For the beginner

- Dispels nightmares or any waking negative thought patterns.
- Prevents negative energies or entities from entering or attaching to your auric field by drawing power up from the earth as a protective shield.
- Helps you to feel more stable during challenging or chaotic situations.
- Dissipates and protects against feelings of jealousy, anger, or mistrust.

### For the advanced practitioner

Melanite garnet is a powerful stone for psychic shielding and is even more potent than black tourmaline. It creates a buffer that's difficult to permeate, so when you feel sufficiently safe, it's advisable to stop working with it completely. Melanite garnet's steady, strong vibration brings your life force into deep communion with the energies of Earth's core, providing not only a sense of safety but also a solid foundation for creativity and manifesting goals and dreams. It's also a fantastic conductor stone and helps support the alignment of the body's magnetic fields.

### MELANITE GARNET'S MAGICAL MESSAGE FOR YOU

"Allow the deep and abiding energy of the earth to rise up, flow through you, and protect you from all harm, both seen and unseen. Feel it strengthen your own innate power and ground you fully into the physical plane. I am your shield at all times."

**Did you know?**
Melanite garnet is a valuable ally for those with compromised immune systems, as it's just as effective at creating a shield of protection against physical illness as against energetic influences.

GARNET

# SPESSARTINE GARNET

MANIFESTATION
SEXUAL AWAKENING
CREATIVITY

| | |
|---|---|
| MOHS HARDNESS | 6.5–7.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Afghanistan, Brazil, China, Germany, Madagascar, Myanmar, Namibia, Nigeria, Pakistan, Sri Lanka, Tanzania, United States (California, Colorado, Connecticut, Maine) |
| CHAKRA CORRESPONDENCE | Root, Sacral, Solar Plexus |
| PARTNERS WELL WITH | Carnelian, citrine, golden labradorite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## SPESSARTINE GARNET'S JOURNEY TO YOU

Spessartine garnet is a variety of garnet that is found in shades of orange and red-brown, referred to as the "garnet of the sun." This stone's name comes from the Spessart mountain range of Germany, where it's typically found. Overall, spessartine garnet is a stone of manifestation, passion, conception, and birth. It strengthens creativity and imagination, making it a useful stone for artists and other creatives. Spessartine garnet is also known as a stone of Kundalini awakening.

## CRYSTAL HEALING WITH SPESSARTINE GARNET

### Where to use or place on body for healing

For those who seek to feel more connected to their sexuality, spessartine garnet is a powerful ally. This gem awakens Kundalini energy, invoking otherworldly sexual and creative power. In meditation, hold spessartine garnet to your Sacral Chakra, which is located at the center of your lower abdomen. You can also work with spessartine garnet to heal your Solar Plexus and Root chakras for greater strength, confidence, stability, and grounding. Spessartine garnet is a powerful stone to keep in your creative space. Couples can work with spessartine garnet to deepen intimacy and reignite the spark in their relationship.

### For the beginner

- Stimulates the flow of life-force energy throughout the body and enhances passion and creativity.
- Supports all forms of creation and aids manifestation, helping you stay grounded and in your power as you bring your intentions to life.
- Ignites confidence and optimism, drawing out your more daring side, enhancing attraction power, and helping you be comfortable with your sexuality.
- Encourages self-respect and personal expression.

### For the advanced practitioner

Spessartine garnet holds incredible powers of magnetism and attraction. This stone helps you draw in what you seek, whether it's in love, your career, or any other aspect of your life. Well known for its ability to awaken Kundalini energy, this stone takes you to all-new levels of vitality and sexual and creative power and helps you manifest the life of your dreams. It gets energy moving in service of your highest good, thereby accelerating spiritual transformation and expansion.

## SPESSARTINE GARNET'S MAGICAL MESSAGE FOR YOU

"Your body is a vessel for limitless pleasure and creativity. Let divine inspiration flow through you and take you to new heights."

**Did you know?**
Spessartine garnet is a popular choice for those looking to boost fertility.

# GOLD

BEAUTY
EMPOWERMENT
GOOD FORTUNE

| | |
|---|---|
| MOHS HARDNESS | 2.5–3 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Argentina, Australia, Canada, Ireland, New Zealand, Papua New Guinea, Romania, Russia, Taiwan, United Kingdom, United States (Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Texas, Utah, Virginia), Venezuela |
| CHAKRA CORRESPONDENCE | Heart, Third Eye, Crown |
| PARTNERS WELL WITH | Amber, amethyst, citrine, diamond, emerald, fluorite, garnet, jade, lapis lazuli, morganite, peridot, pink tourmaline, sapphire, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## GOLD'S JOURNEY TO YOU

All gold on Earth originated from the debris of dead stars, which means our supply of this metal is finite; Earth isn't producing any more of it. While Earth was forming, elements with a heavier mass, such as iron and gold, sank toward its core. However, around 4 billion years ago, Earth was bombarded with so many asteroids that even these deeper layers were forced up to the crust, creating the deposits of gold that are mined today. Some of the earliest uses of gold date back to 2600 B.C.E. in Mesopotamia, where it was used to create some of the world's first jewelry. In astrology, gold represents the sun, and in alchemy it is a symbol of perfection in all things on all levels—physical, mental, and spiritual.

## CRYSTAL HEALING WITH GOLD

### Where to use or place on body for healing

Gold purifies the physical body when worn as jewelry. It brings balance to the Heart Chakra, helping to ease the burden of taking on others' responsibilities. Gold also activates the Third Eye and Crown chakras, amplifying your ability to manifest your thoughts into reality. It clears negative or stagnant energies from all the chakras and the auric field, replacing them with a sense of vitality and well-being.

### For the beginner

- Brings happiness, peace, and good fortune to those who adorn themselves with it.
- Prevents spiritual corrosion—including feelings of tension, inferiority, fatigue, anger, or any other emotion that may "tarnish" one's spirit.
- Amplifies and transmits positive energies such as joy, composure, and beauty just as it conducts electricity and heat.
- Brings abundance in all forms as a potent symbol of wealth.

### For the advanced practitioner

Gold helps you to actualize your full potential. It encourages you to continually improve yourself without judgment or self-reproach, engaging you in lifelong learning and development. Gold brings empowerment, confidence, and a bright sense of self-esteem, helping you overcome feelings of inadequacy or futility. It will also help calm your emotions and keep you composed even during challenging circumstances.

## GOLD'S MAGICAL MESSAGE FOR YOU

"You are made of stardust and full of glittering potential, much like myself. There are no limits to the heights you can reach once you allow your potential to be unearthed. Let your inner glow radiate for all the world to see."

**Did you know?**
It's estimated by scientists that there are approximately 52,000 tons of gold left to be mined in Earth's crust.

GYPSUM

# SELENITE

CLEARING
MOON MAGIC
SPIRITUAL CONNECTION

| | |
|---|---|
| MOHS HARDNESS | 2 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Canada, Germany, Greece, Mexico, New Zealand, United Kingdom, United States |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Amethyst, black tourmaline, Herkimer diamond, labradorite, lapis lazuli, moldavite, moonstone, rose quartz, seraphinite |
| ASTROLOGICAL CORRESPONDENCE | Taurus |

## SELENITE'S JOURNEY TO YOU

Ancient Greeks believed the Greek goddess of the moon, Selene, was trapped inside gypsum-based selenite, which at the time was imported from Cartagena, Spain. How else could one explain its unique and haunting natural luminescence? Selene awakens intuition and brings psychic visions and vivid dreams, and selenite does the same. It's a gem of divine connection that's especially powerful under the full moon and is perfect for moon magic. For this reason, King Minos of Crete constructed the walls of his palace from selenite. When the full moon's light flooded the palace, the walls appeared to glow from within, as if to cast heavenly approval on the monarch. Selenite is fragile—be careful not to get it wet—but it is quite strong, which makes it similar to us as spiritual beings, tender and yet strong in our own ways.

## CRYSTAL HEALING WITH SELENITE

### Where to use or place on body for healing

Selenite is a peaceful Crown Chakra stone that radiates pure white light and Divine Feminine energy. If you have a terminated selenite piece, either natural or carved, placing it above this energy center with the point directed toward you helps you to channel divine wisdom and connect with your guides. It's especially potent worked with in this way under the full moon. Kept next to or under your bed, selenite also helps you fall and stay asleep, bringing peaceful sleep and prophetic dreams.

### For the beginner

- Carries a powerful vibration of peace, bringing clarity and raising your vibrations.
- Clears energy from people, places, and things but usually does not need to be cleared itself.
- Prepares sacred spaces for ceremonial work; work with it as a wand to cast your circle before magical practice or healing endeavors.
- Magnifies wealth, success, and social influence.

### For the advanced practitioner

Selenite brings the magic of the moon—including enhanced access to psychic visions and meeting your spirit guides and guardians—to expand your understanding of how to work with the elements around you. It harnesses the fullness of the moon to manifest your dreams in real time. Use these experiences to deepen and strengthen your personal faith.

### SELENITE'S MAGICAL MESSAGE FOR YOU

"What energies are you holding on to that need to be released? Close your eyes and focus your attention on anything within you that feels heavy or stagnant. Envision those energies leaving your body, being sent back to Source to be transmuted and cleansed. Those energies are no longer yours to carry—you are pure, and you are free."

**Did you know?**
Selenite is also known as a stone of happiness, bringing a dose of joy and helping you to see the good in all beings.

GYPSUM

# DESERT ROSE SELENITE

CREATIVITY
GROUNDING
PASSION

| | |
|---|---|
| MOHS HARDNESS | 2 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, Mexico, Morocco, Namibia, South Africa, Spain, United States (Arizona, California, Nevada, New Mexico, Oklahoma, Texas) |
| CHAKRA CORRESPONDENCE | Sacral, Crown |
| PARTNERS WELL WITH | Danburite, datolite, fluorite, labradorite, natrolite, opalite, orange selenite, petalite, phenakite |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Scorpio, Capricorn |

## DESERT ROSE SELENITE'S JOURNEY TO YOU

Desert rose selenite is formed naturally in desert and arid climates when granules of sand, and sometimes barite, become wedged between blades of selenite. The constant movement of the sand caused by water and wind creates a beautiful flower-shaped stone reminiscent of roses. Indigenous American legends say that these rosettes were carved by the spirits of fallen warriors to bring protection to the tribes of the lands on which they are found. In 1968, desert rose selenite was decreed to be the official state stone of Oklahoma.

## CRYSTAL HEALING WITH DESERT ROSE SELENITE

### Where to use or place on body for healing

When placed on the Crown Chakra, these beautiful stones are like little filters, helping to rid the mind of limitations. Placed against your Sacral Chakra, desert rose selenite stimulates your creativity and helps you bring your dreams to life. Held in meditation, it brings clarity, balance, motivation, and grounding. Placed in any room, it cleanses the energy of the whole environment and the people who pass through that space.

### For the beginner

- Teaches us to flow with the wind and create landscapes from our dreams. It offers clarity and energetic cleansing and connects you to your inner truth.
- Emits a clarifying and purifying energy. It helps you to eliminate old thought patterns and processes, clearing the way for more significant guidance from your highest self.
- Supports the development of your psychic and intuitive gifts and allows you to see into both past and future lives.

### For the advanced practitioner

Desert rose selenite supports and strengthens long-term relationships, allowing both people to grow as individuals without growing apart from each other. It facilitates loving communication and respectful listening and understanding. Desert rose selenite boosts sexual confidence, allowing you to be more spontaneous and passionate and shed your inhibitions. It also brings the integration of Divine Masculine and Feminine energies. Feminine and masculine do not exist without each other, and bringing them into balance has the profound power to heal ourselves and Earth.

### DESERT ROSE SELENITE'S MAGICAL MESSAGE FOR YOU

"Keep tending to your inner garden, and before too long, your inner roses of confidence, creativity, and manifestation will swell and bloom."

**Did you know?**
It is said that desert rose selenite's manifestation abilities work best when you tell it your dreams out loud.

GYPSUM

# ORANGE SELENITE

CREATIVITY
DESIRE
SEXUALITY

| | |
|---|---|
| MOHS HARDNESS | 2 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, Mexico, Morocco, New Zealand |
| CHAKRA CORRESPONDENCE | Sacral, Crown |
| PARTNERS WELL WITH | Carnelian, citrine, golden healer quartz, jade, ocean jasper, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Taurus |

## ORANGE SELENITE'S JOURNEY TO YOU

Orange selenite is a member of the gypsum family with a similar formation to selenite in evaporated salt lake beds, but with inclusions of hematite giving it an orange hue. The more hematite it contains, the darker it becomes. It has many of the same metaphysical properties as selenite, with a Sacral Chakra bonus of added creativity, pleasure, and sensuality.

## CRYSTAL HEALING WITH ORANGE SELENITE

### Where to use or place on body for healing

Orange selenite is a unique healing gemstone that, when placed on the Sacral Chakra, has the ability to enhance your creativity, desire, and sexual energy. Coupled with the power of regular selenite, which clears the Crown Chakra, it raises the vibration in any space and attunes you to the greater good of all beings and the consciousness of your higher self. In turn, this brings in an awareness of the sacredness of your sexuality and heals wounds related to sexual repression or shame surrounding hypersexuality. Orange selenite is also fantastic to keep in the workplace to boost initiative and morale among team members.

### For the beginner

- Boosts self-confidence and creativity while tapping into divine flow and guidance.
- Calms emotions and thoughts that get in the way of your healthy creative flow. Negative energy cannot persist in its presence.
- Helps to clear and transmute the potentially harmful electromagnetic frequencies emitted from cell phones and computers.

### For the advanced practitioner

For advanced crystal healers, orange selenite attunes you to sacred sexuality and the realization that desire is a gift from the Divine. It guides you as you move past guilt or shame relating to indoctrinated beliefs or abuse to experience true sexual freedom. It also brings in healing energy to uncover the root cause of any type of sexual addiction or dysfunction.

## ORANGE SELENITE'S MAGICAL MESSAGE FOR YOU

"It is your sacred right to feel comfortable and joyful exploring the sensuality of your own body. Your feelings are the language of your soul, and connecting with your vibrant, creative energy brings you closer to the Divine."

### Did you know?

One form of the orange selenite that comes from Australia is considered "man-influenced" because its coloring comes from the runoff of iron and sulfur mines near their source. However, due to how acidic the water in this runoff is, the resulting selenite is generally too fragile to be sold.

# HALITE

PROTECTION
PURIFICATION
SELF-CARE

| | |
|---|---|
| MOHS HARDNESS | 2–2.5 |
| CRYSTAL STRUCTURE | Isometric |
| COUNTRY OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Angelite, clear quartz, limestone, selenite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Pisces |

## HALITE'S JOURNEY TO YOU

Halite is a form of sodium chloride, or rock salt, that comes in a wide variety of colors, all of which add an extra layer of metaphysical power through color magic. It comes in both crystalline form and as massive growths, with the thickness of some deposits greater than thirty meters. It formed over 200 million years ago in the Triassic period as large areas of oceans and seas evaporated, leaving halite behind, and once again in the Oligocene period, about 22 to 33 million years ago. Humans have utilized it since the Neolithic period, and it has been a central feature of several cultural economies throughout history.

## CRYSTAL HEALING WITH HALITE

### Where to use or place on body for healing

Placing halite crystals throughout a room and using them for salt therapy is said to clear negativity and support healing of the lungs, sinuses, and skin. It is especially beneficial in your bedroom, so you can breathe the purified air while you sleep to receive its healing benefits. Halite can be gridded anywhere on or around the body to cleanse and purify your aura, release psychic debris from your energetic field, and elevate your mood. Halite is water soluble and very delicate, so it isn't ideal for carrying with you and should not be exposed to water.

### For the beginner

- Purifies the body, energy field, and surrounding spaces.
- Attracts moisture from the atmosphere, and dust particles attached to these water droplets contain bacteria and viruses. The salt kills these microorganisms on contact, and the moisture is released back into the atmosphere without any of the airborne pathogens it was previously carrying.
- Has been used for protection for centuries and is especially helpful gridded in and around a new home to clear the energies of the previous occupants.

### For the advanced practitioner

Halite can be utilized to increase psychic awareness, releasing any obstacles in the way of accessing the guidance of your higher self. It is excellent when applied in healing sessions with clients to clear their energy field of the psychic debris they may encounter going about their day in the world, especially during times of social upheaval and crisis. Halite also encourages you to live a healthier lifestyle by practicing self-care, maintaining a nourishing diet, and establishing boundaries when feeling overworked.

### HALITE'S MAGICAL MESSAGE FOR YOU

"Work with me to clear your energetic field and surroundings as I transmute any impurities that cross my path. I will guide you in releasing the physical and emotional habits that do not support your overall wellness."

**Did you know?**
When set on fire, halite burns with a bright yellow flame as the sodium content oxidizes.

# HEMATITE

GROUNDING
HEALING
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Found globally; the most important localities are Argentina, Australia, Chile, France, Italy, Norway, Switzerland, United States (Arizona, Connecticut, Montana, Rhode Island) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Black tourmaline, Herkimer diamond, jet, red jasper, shungite, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Aries, Aquarius |

## HEMATITE'S JOURNEY TO YOU

Hematite, whose name comes from the Greek word "*haima*," or "blood," facilitates the clear circulation of energy in one's energetic field, just as blood circulates freely through the body's venous systems. It's an abundant stone found worldwide and is the main mineral responsible for any stones with iron inclusions, such as fire quartz. Hematite can also block or prevent an energetic or psychic attack, a subject of much interest in ancient Sumer. The predominant fear there was of seven evil spirits, called the *utukku,* and spells they might cast upon the Sumerian people. As a result, hematite was often used to protect against these dark forces.

## CRYSTAL HEALING WITH HEMATITE

### Where to use or place on body for healing

This Root Chakra stone roots you deeply in the earth's stability and balances the body, restoring your equilibrium and helping both ethereal and physical systems remain aligned. The most grounding stone on the planet, hematite is an important partner to hold as you do your soul work because it keeps you anchored and centered as you open your upper chakras and explore other dimensions. When placed on the Root Chakra, hematite immediately slows the energetic vibration and helps the bearer feel calm and present.

### For the beginner

- Facilitates the clear circulation of energy.
- Binds cosmic energy, helping contain unwanted forces.
- Brings hope and encourages trust in and surrender to the universe.

### For the advanced practitioner

Hematite helps your energy stay in balance. When you're ascending to higher-vibrational frequencies, it allows you to stay grounded and remember the practical day-to-day tasks you still need to attend to. Hematite brings strength and optimism when going through challenging times. It is also said that hematite gives you the strength and resilience to overcome addictions and other harmful habits or thought patterns, especially when they affect your feelings of self-worth.

### HEMATITE'S MAGICAL MESSAGE FOR YOU

"Focus your attention on your blood flowing through your veins, your sacred life force that moves through you effortlessly. Allow me to remind you that all is unfolding in perfect time, and you simply need to be. Give thanks for the stability and solidarity of your life at this moment."

**Did you know?**
Hematite comes from some of the largest active mines in the world, and over 100 million tons of this mineral are processed each year.

# HOWLITE

SERENITY
SPIRITUAL CONNECTION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 3–3.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Bolivia, Canada, Germany, Mexico, Serbia, Slovakia, Turkey, United Kingdom, United States (Arizona, California, Nevada) |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Amethyst, blue lace agate, lepidolite, lithium quartz, peridot, rose quartz, sodalite |
| ASTROLOGICAL CORRESPONDENCE | Gemini |

## HOWLITE'S JOURNEY TO YOU

Howlite was named after Canadian geologist Henry How, who discovered the stone in 1868 in Nova Scotia. It generally forms as opaque nodules that look like cauliflower heads with gray or black veins running through them in a weblike pattern. It's a porous stone that can absorb dyes easily and is sometimes colored in order to mimic other stones, such as turquoise. Although this may be deceptive, it can magnify the power of the stone by adding a layer of color magic to it, and some people prefer the calming energy of dyed howlite over the natural form. Translucent crystalline forms of howlite are very rare and grow no bigger than one to two centimeters. Howlite is a stone that brings tranquility and spiritual connection.

## CRYSTAL HEALING WITH HOWLITE

### Where to use or place on body for healing

Howlite opens and activates the Crown Chakra, encouraging deeper spiritual connection and wisdom. Placing it on this energy center creates a direct channel between you and the higher realms—and the result is pure, radiant peace. Working with howlite in this way will ease your pain, worries, fears, and doubts. You can also place howlite beside or underneath your bed to bring restful sleep and peaceful dreams, allowing you to recall wisdom gathered in the dream state once you awaken.

### For the beginner

- Eases a troubled mind and heart and brings a profound sense of tranquility and patience.
- Helps you to consider all points of view in times of conflict so that you can communicate with understanding and empathy.
- Gently transmits spirit energy throughout the body, helping you let go of negative energy and bring peace to your mind, body, and soul.

### For the advanced practitioner

Howlite helps balance your mind and spirit, helping you receive and assimilate information. By inspiring calm and diplomatic communication, howlite leads you down the road to actual progress. Howlite even supports healthy levels of calcium absorption, relieving symptoms of teeth and gum issues as well as bone and soft tissue disorders.

### HOWLITE'S MAGICAL MESSAGE FOR YOU

"Allow me to filter out the distractions in your head so that you can tune in to your higher purpose. You can stay effortlessly calm, relaxed, and patient in any situation, holding me in your hand or pocket."

### Did you know?

Some refer to howlite as the "friendship stone" because it helps magnetize people of like mind to you and can encourage you to open your heart to new partnerships.

# HYPERSTHENE

CLARITY
FOCUS
PSYCHIC ABILITIES

| | |
|---|---|
| MOHS HARDNESS | 5.5–6 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Argentina, Australia, Brazil, Canada, China, France, Germany, Japan, New Zealand, Norway, United States (Arizona, Hawaii, New York, Pennsylvania, Virginia) |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Herkimer diamond, heulandite, iolite, labradorite, pietersite |
| ASTROLOGICAL CORRESPONDENCE | Libra, Sagittarius |

## HYPERSTHENE'S JOURNEY TO YOU

Hypersthene is often mistaken for hornblende but is much harder, as alluded to in the etymology of its name, which comes from the Greek *"hyper sthenos,"* "over strength." Individual crystals of hypersthene are scarce. Instead, it forms in thin plates and masses and is composed mainly of silica, magnesium, and iron. This stabilizing blend of minerals brings mental clarity and grounding and balances your mood.

## CRYSTAL HEALING WITH HYPERSTHENE

### Where to use or place on body for healing

Hypersthene is a stone of mental control, focus, and clarity. It aligns and activates your Third Eye Chakra, helping you organize your thoughts and develop your vision. Placing it on this energy center allows you to come powerfully into the present moment. By clearing your mind, it can also help you develop the gift of clairaudience, quieting the inner chatter so that you can hear the messages of Spirit. Holding hypersthene to your third eye in meditation can also bring vivid psychic visions that help you work through and solve current problems or difficulties you may be facing, enabling you to see the situation from different angles.

### For the beginner

- Offers control, presence, and centeredness to even the busiest of minds.
- Stabilizes your mood and helps you process information without feeling overwhelmed.
- Brings mental coherence, balance, understanding, and calm when you experience mental overwhelm.

### For the advanced practitioner

Hypersthene is a stone of enhanced vision that helps you manifest, allowing you to clearly visualize your desires so that you can send them out to the universe with accuracy and ease. It brings profound self-healing and encourages you to delve into shadow work bravely. Attitudes or behaviors that you repress or ignore are brought to light without judgment so that you can see them for the strengths they are and integrate their energies in a healthy way.

### HYPERSTHENE'S MAGICAL MESSAGE FOR YOU

"Quiet the inner chatter and open to a new sense of clarity as you work with me. I will call forth visions that will unveil your inner gifts and guide you through any situation with centered calm and certainty, free from overwhelming emotional impulses."

### Did you know?

Hypersthene is sometimes referred to as the "ADHD stone" because of its focus and concentration properties; it helps those with scattered minds or attention deficit conditions feel more centered and able to complete tasks in an orderly fashion.

# INDIGO GABBRO

MAGIC
PSYCHIC ABILITIES
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| COUNTRY OF ORIGIN | United States (New Mexico) |
| CHAKRA CORRESPONDENCE | Solar Plexus, Third Eye, Crown |
| PARTNERS WELL WITH | Amethyst, moldavite, obsidian, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Libra, Scorpio, Pisces |

## INDIGO GABBRO'S JOURNEY TO YOU

Indigo gabbro is known as the Wizard's Stone and is a naturally occurring fusion of quartz (silicon dioxide) and psilomelane (manganese oxide). This gem is sometimes associated by crystal healers with Merlin—the primary wizard of Arthurian legend. Merlin was known to have shape-shifting powers, and he was often called upon by kings and mythical leaders to assist all forms of magical work. Like this wizard, indigo gabbro is known to open psychic portals and aid past-life recall and mediumship. This gem is only found in one place: New Mexico.

## CRYSTAL HEALING WITH INDIGO GABBRO

### Where to use or place on body for healing

Place indigo gabbro on your Third Eye during meditation to activate your psychic vision and contact your spirit guides. Indigo gabbro assists all magical work, making it a wonderful companion when performing tarot readings, healing rituals, or any other form of divination or spiritual practice. Beyond the power it holds over the Third Eye Chakra, indigo gabbro also opens the Solar Plexus and Crown chakras. Hold this gem to your core to activate confidence and willpower or to the top of your head to open up a channel between you and the higher realms.

### For the beginner

- Activates your psychic gifts. This priestess gem connects you with your innermost wisdom and calls in your spirit guides to assist you in your spiritual practice. Work with this stone to strengthen your magical work and propel your psychic awakening.
- Deepens intuition and provides guidance as you study astrology, tarot, numerology, and more. Indigo gabbro also aids scrying and all forms of divination.
- Speeds up manifestation, encourages self-love, and helps you look at your past experiences from a place of acceptance and gratitude.
- Calls on all four elements—earth, water, air, and fire.

### For the advanced practitioner

Indigo gabbro aids past-life recall, mediumship, and shamanic journeying. This powerhouse gem attunes you to the natural world and the spiritual realm. It brings forth visions of past incarnations in dreams and meditation, helping you integrate that wisdom into your present life. Indigo gabbro also attracts teachers from other dimensions, provides psychic protection, and lifts the veil between you and the world of the unknown. If you're trying to contact a loved one who has passed, indigo gabbro is a powerful stone for calling in their presence.

### INDIGO GABBRO'S MAGICAL MESSAGE FOR YOU

"You are magic, gifted with the ability to transcend time and space. The answers you seek are already within you, and as your ally, I will shine a light upon them. The gateway to great spiritual wisdom lies in your very own hands."

**Did you know?**
Indigo gabbro is known as a veil-crossing stone, capable of granting access to the spiritual world.

# IOLITE

GUIDANCE
INNER VISION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 7–7.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Australia, Austria, Brazil, Canada, China, Greenland, India, Myanmar, Norway, Russia, Sri Lanka, United States (Alaska, New Hampshire) |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Amethyst, azurite, citrine, garnet, lapis lazuli, peridot, purpurite, sugilite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Libra, Sagittarius |

IOLITE'S JOURNEY TO YOU

Iolite, also known as cordierite after the French geologist Louis Cordier, helps you find your way through the voyage of life. The Vikings used it to help them "see" their voyages in their Third Eye Chakra before they left the shore and as a navigational guide when journeying at sea. It worked as a polarization filter to determine the exact location of the sun, even on cloudy days, as they traveled the Atlantic Ocean to discover new shores. This is why iolite is sometimes referred to as the Viking Compass.

CRYSTAL HEALING WITH IOLITE

### Where to use or place on body for healing

Iolite is one of the primary stones worked with to activate the Third Eye Chakra. Set against the third eye during meditation, it stimulates your inner vision and helps to integrate higher wisdom received in the meditative state. It also helps increase the vividness of guided meditations and astral travel. Although iolite is not traditionally a Heart Chakra stone, it can also be placed on this center to bring hope when facing challenging circumstances, and the emotional distance and perspective needed to find a solution to your troubles.

### For the beginner

- Bridges the gap between your intuition and rational mind. It helps you understand what your heart truly desires and brings a clear vision of what lies ahead so that you can take the best course of action.
- Brings calm to an active mind, helping you reach deeper meditative states and allowing you to gain a bit of distance from your emotions.

### For the advanced practitioner

Iolite increases the vividness and detail of psychic visions, illuminating knowledge of past lives. It takes you on a journey to the deepest and darkest aspects of yourself, where unhealed wounds and fears relating to older incarnations lie. Iolite calls up the subconscious shadows you need to face to begin healing and growing in the present. It allows you to release control over these experiences and to be open to what truly needs addressing without fear. Iolite also helps you recover the parts of yourself you may have buried in the past due to criticism or fear of being seen, allowing you to bring them back into the light.

IOLITE'S MAGICAL MESSAGE FOR YOU

"Navigate your way through life with ease. I bring clear and vivid guidance that allows you to see all you need for your highest good. Your inner vision is both accurate and wise."

**Did you know?**

Sri Lanka has a variety of this stone called bloodshot iolite. It has blood-red veins running through it caused by hematite and goethite inclusions.

# IRIDIUM

ASCENSION
SPIRITUAL DEVELOPMENT
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Australia, Brazil, Myanmar, Russia, South Africa, United States (Alaska) |
| CHAKRA CORRESPONDENCE | Soul Star |
| PARTNERS WELL WITH | Amethyst, copper, Libyan gold tektite, platinum, zincite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Leo |

IRIDIUM'S JOURNEY TO YOU

Iridium is one of the rarest elements on Earth. A very fine layer of it exists within Earth's crust, and it is said to have been deposited there by a large asteroid that caused a vast dust cloud containing the element, depositing it around the world. Some scientists believe that it was the same impact that caused the extinction of the dinosaurs. Iridium is hard, silver colored, and the most corrosion-resistant metal currently known to science. It was discovered in 1803 in the residue of platinum ore and is now mainly recovered as a by-product of nickel refining.

CRYSTAL HEALING WITH IRIDIUM

### Where to use or place on body for healing

Iridium activates the Soul Star Chakra, your gateway to other realms and dimensions, encouraging ascension and spiritual development. It brings an embodied sense of peace and enables you to channel universal energies to aid manifestation. Holding iridium in meditation allows you to explore the complexities of the universe and see beyond the limitations of time and space, bringing the realization that the past, present, and future are all happening simultaneously. Iridium shows you how to integrate and use this wisdom of expanded consciousness in the service of your highest good.

### For the beginner

- Brings a sense of freedom and individuality, allowing you to simply be yourself.
- Helps you process information that does not seem logical to you at first. It enables you to sort the facts of a situation or something that you are learning about in a way that makes more sense and is easier to remember.

### For the advanced practitioner

Iridium is a transformative mineral after which the iridescence of a dragonfly's wings is named. Dragonflies change color as they mature, earning their bright shades over time. They symbolize rebirth, transformation, imagination, light, and color magic. Both dragonflies and iridium remind us that we're also light beings that can bend, shift, reflect, and shine. Iridium allows you to see all faces of the Divine as it shows up in every person, being, and energy stream and to integrate the wisdom that each holds within.

IRIDIUM'S MAGICAL MESSAGE FOR YOU

"By acknowledging your own sacred nature, you open yourself to receiving wisdom from beyond the scope of time and space. The purpose of life is to learn continually, evolve, and progress so that you can reconnect with the collective of the cosmos. Allow me to be your ally and guide you on this path."

**Did you know?**

Iridium is so rare that it is valued at almost $5,000 per ounce. It is one of the metals used in aura treatments to bring iridescent colors to stones like quartz.

JADE

# DIANITE

DIVINE CONNECTION
PEACE
PSYCHIC DEVELOPMENT

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Russia |
| CHAKRA CORRESPONDENCE | Throat, Third Eye, Crown |
| PARTNERS WELL WITH | Bloodstone, blue aventurine, celestite, rutilated quartz, smoky quartz, sodalite, tree agate |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Libra |

## DIANITE'S JOURNEY TO YOU

Dianite comes from a remote area of Siberia and activates your psychic abilities to help you see beyond the surface of how things appear. This gem is a form of blue nephrite jade that combines quartz, tremolite, and blue amphibole in its matrix. Dianite is named after the late Princess Diana—its color resembles the gorgeous blue hue of her eyes, and it was discovered the same year she died. Rumor has it that Princess Diana also had a powerful intuitive capacity—fitting for this extraordinary gem.

## CRYSTAL HEALING WITH DIANITE

### Where to use or place on body for healing

Dianite activates the Throat, Third Eye, and Crown chakras, facilitating clear communication with and access to the higher realms. Meditation with it helps you connect with your spirit guides, enhances psychic abilities, and strengthens spiritual awareness. It's called the cosmic communion stone because dianite is the only stone to help you develop all of your psychic gifts and intuition. It is especially known to activate your psychic hearing (clairaudience), so you can hear the voices of your angels and guides.

### For the beginner

- Relieves stress, releases negative thoughts, and calms the nervous system.
- Encourages patience and discernment.
- Helps you see situations from every perspective, hence its being referred to as the Circumspect Stone.

### For the advanced practitioner

Dianite facilitates insightful dreams, dream recall, and the release of suppressed emotions during dream time. Additionally, this gem supports mind and body integration for a sense of embodied wholeness and feeling present in your physical body even when engaging in more esoteric pursuits. Dianite encourages you as you dive deeply into your inner world, helping you to uncover your true life purpose. It connects you with higher dimensions and enables communication with divine beings to access spiritual wisdom.

### DIANITE'S MAGICAL MESSAGE FOR YOU

"Allow yourself to walk in truth by trusting your intuition and other divine guidance that you receive when you work with me. Transcend your doubts and let your highest self lead the way."

### Did you know?

Dianite was first discovered in 1997, and to this day, no other deposits have been found anywhere else in the world.

JADE

# JADEITE

ABUNDANCE
CENTERING
HEART HEALING

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Afghanistan, Australia, Austria, Canada, China, Cuba, France, Germany, Italy, Japan, Mexico, Myanmar, New Zealand, Poland, Russia, South Korea, Switzerland, Taiwan, Turkey, Ukraine, United States, Vietnam, Zimbabwe |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Black tourmaline, carnelian, copper, garnet, jet, onyx, red jasper |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Gemini, Libra |

## JADEITE'S JOURNEY TO YOU

In ancient China, jadeite was considered the world's most beautiful natural material and was carved into ritual objects as early as the Neolithic period in 3500 B.C.E. It was revered in the Mayan culture as the Sovereign of Harmony, facilitating peace within an individual and between people and communities. Jadeite is said to bring accord to the environment, transmute negativity, and instill resourcefulness.

## CRYSTAL HEALING WITH JADEITE

### Where to use or place on body for healing

Jadeite activates the Heart Chakra for tranquility and harmonious relationships. It dispels negative energy and encourages self-reflection. Worn as a long necklace against the heart space, jadeite brings a consistent flow of the nurturing life-force energies of Earth to promote well-being and heart healing. It reminds you to connect with nature by stopping to smell the flowers and appreciating the little things in life.

### For the beginner

- Promotes the flow of all kinds of abundance, whether financial prosperity or fertility, and teaches mastery over money rather than allowing money to have mastery over you.
- Encourages enjoyment of all the physical sensations life has to offer.
- Pulls you into the present moment, imbuing you with joy and comfort.

### For the advanced practitioner

Jade helps you attune yourself to your client's needs during a healing session to address the most crucial energy issues first. It connects you with the wisdom of the spiritual plane, bringing clarity of vision to help you plan your next moves. While being a stone of abundance, jade also discourages feelings of greed stemming from perceived lack. It promotes self-sufficiency and confidence by reminding you to work in unison with universal energies that are limitless and always work in your favor. Jade can also help you hold on to money that comes to you via gifts or inheritance.

### JADEITE'S MAGICAL MESSAGE FOR YOU

"Allow me to charm your Heart Chakra to bring you boundless joy and abundance. The earth's abundance and vitality support you as you consciously create space to manifest all your desires."

### Did you know?

South American jade is said to connect you with the elders of the ancient Mayan civilization, giving you access to the energies of their traditional rituals and ceremonies.

JADE

# NEPHRITE

RESTORATION
HEALING
PROSPERITY

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Afghanistan, Australia, Austria, Canada, China, Cuba, France, Germany, Italy, Japan, Mexico, Myanmar, New Zealand, Poland, Russia, South Korea, Switzerland, Taiwan, Turkey, Ukraine, United States, Vietnam, Zimbabwe |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Black tourmaline, carnelian, copper, garnet, jet, onyx, red jasper |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Gemini, Libra |

## NEPHRITE'S JOURNEY TO YOU

Nephrite is a type of jade that comes in a variety of colors, the most valuable of which is green. Jadeite and nephrite were originally considered the same stone, but in 1863, the two were distinguished from each other. In ancient China, nephrite was known as the Yu Stone, or Stone of Heaven. This gem was often used to carve weapons and in funeral rites to ensure a person's safe passage. Nephrite jade from New Zealand is known as *pounamu* and is sacred to the Māori people; it was traditionally carved into amulets of protection and fertility, which were named after ancestors who had passed away. They were said to be infused with their spirits and wisdom. Carved and polished *pounamu* weapons were sometimes used for fighting, but chiefs carried them to show their high status, too. They were also used in ceremonies and were sometimes given as a symbol of a peace agreement between *iwi,* or tribes.

## CRYSTAL HEALING WITH NEPHRITE

### Where to use or place on body for healing

Nephrite is a stone of prosperity, luck, and wellness. Keep a piece of nephrite in your wallet or in your workspace to encourage success and good fortune in business endeavors. Nephrite is also wonderful to keep in your garden to encourage the health and growth of your plants. For those in need of emotional healing, nephrite also holds great power over the Heart Chakra. Bring nephrite to your heart space in meditation or ritual to release negative feelings and open to greater connection and compassion. In addition, it encourages harmony and equality in relationships, promotes unconditional love, and surrounds partnerships with energies of peace, joy, and stability.

### For the beginner

- Aids manifestation by encouraging mental clarity and endurance.
- Brings good luck to business ventures.
- Encourages wellness by helping you identify the root cause of pain and suffering. It soothes the nervous system, relieves stress, provides gentle protection, and helps you release negativity, restoring you to a high-vibrational state.
- Soothes the emotional body and surrounds you in comforting and loving energy. It uplifts your frequency, helping you attract soul connections that are aligned with your highest self.

### For the advanced practitioner

Nephrite is a potent stone for balancing the Divine Masculine and Divine Feminine energies within. It brings internal opposing energies into harmony, helping you feel that sense of balance and wholeness in your partnerships as well. Nephrite is also a wonderful stone for those experiencing grief or loss. It grants clarity in the realm of love, helping you see things for what they are and release anything that is no longer serving you. This gem also supports emotional balance, encouraging you to feel your emotions without being negatively affected by them. Work with nephrite to aid self-reflection and channel focus, clarity, tranquility, and wisdom as you manifest your desires.

### NEPHRITE'S MAGICAL MESSAGE FOR YOU

"Tune in to the energy streams of health and abundance—let your body and spirit be nourished and restored. Nurture your dreams and watch them come to life. You are ready to blossom."

**Did you know?**
Nephrite was used to create Czar Alexander III of Russia's sarcophagus.

# JASPER

Jasper is a variety of opaque chalcedony that comes in a range of forms and colors, from gray and brown to red and orange or even blue. It generally contains bands of different colors or patterns throughout the stone, comprised of mineral or fossilized inclusions. The name for jasper comes from the Greek "*iaspis,*" which means "spotted stone." It has even been traced back to the ancient Akkadian word "*yashupu*"; Akkadian was spoken in Mesopotamia from 3000–1000 B.C.E.

In general, jasper is a stone of loving-kindness, with properties of fairness, compassion, and generosity. Specific kinds of jasper have more nuanced metaphysical uses and can be placed on their associated chakras:

**Blue jasper** is a Third Eye Chakra stone that eliminates negative thinking and nightmares, eases stress, and helps you overcome insecurities. It connects you with the sacredness of life and the spiritual wisdom to be found in nature.

**Brown jasper** is an Earth Star Chakra stone that brings physical and emotional stamina, drawing on the energies of the earth for increased vitality. It helps to eliminate toxins from the body and prevents any adverse effects from harmful electromagnetic frequencies.

**Green jasper** is a Heart Chakra stone that carries the energy of a natural healer, nurturing the sensitive aspects of the self. Working with this gem brings you a sense of nourishment and safety.

**Orange jasper** is a Sacral Chakra stone that prevents self-sabotage and releases feelings of self-doubt. It brings you the confidence and motivation to pursue your dreams.

**Red jasper** is a Root Chakra stone that is restorative, calming, and strengthening. It's a warrior stone that brings courage and works with your physical body to ground and connect you with the earth while creating both stability and emotional balance in your life.

**Yellow jasper** is a Solar Plexus Chakra stone that creates a sense of stability and gives you the feeling of being enough to survive and thrive through your most challenging times and deal with any situation. It boosts your confidence, especially when having conversations where you need to stand your ground and express your truth.

### For the beginner

- Resonates with the energies of the earth, bringing grounding, stability, and protection.
- Aligns all of the chakras and brings harmony between the physical, emotional, and spiritual bodies. Specific varieties of jasper can be worked with for deeper healing relating to each individual chakra.
- Cleanses the auric field of negativity and balances masculine and feminine energies.

### For the advanced practitioner

Jasper is sometimes referred to as the Supreme Nurturer. It reminds you that your existence on the physical plane is not just for your own benefit, but also to bring joy and healing to other people. Jasper also relieves loneliness, allowing you to enjoy moments of solitude while still feeling connected to those who genuinely care about you.

JASPER

# DALMATIAN JASPER

GROUNDING
OPTIMISM
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| COUNTRY OF ORIGIN | Mexico |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Black obsidian, chiastolite, chrysanthemum stone, clear quartz, lapis lazuli, lepidolite, petrified wood, rainforest jasper |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## DALMATIAN JASPER'S JOURNEY TO YOU

Dalmatian jasper is a mix of feldspar and quartz with small, darker patches of arfvedsonite giving it a spotted appearance, similar to the dalmatian breed of dog. Dalmatian jasper is sometimes also found with inclusions of hematite and epidote, adding to its healing and grounding properties.

## CRYSTAL HEALING WITH DALMATIAN JASPER

### Where to use or place on body for healing

Dalmatian jasper is a grounding stone that activates the Root Chakra, bringing a sense of stability, connection to the earth, and calm. Placed on or near this chakra, it helps you stay rooted in reality if you are prone to daydreaming and dispels feelings of disillusionment with the world in general. Dalmatian jasper is perfect to journey and meditate with and is a beautiful, soothing ally to keep in your pocket or purse whenever you need a moment of stillness.

### For the beginner

- Connects you to your spirit animals and soul gifts, your inner child, and your sense of playfulness.
- Brings forth your soul's purpose and inner truth.
- Fosters introspection and stillness. It provides deep emotional assurance that, at all times, you are remembered and loved and allows you to send love to others.

### For the advanced practitioner

Dalmatian jasper is sacred among shamans. It balances the intersection of the body, mind, and emotions and sets the necessary groundwork needed for safe astral travel. Dalmatian jasper is often used as a protection stone during journey work because it offers security, shielding, and the strong, stabilizing energy of the earth. Dalmatian jasper also helps you manifest your inner will in the physical world, allowing you to break down self-imposed barriers, and engages a sense of certainty that you are more than capable of accomplishing all of your dreams.

## DALMATIAN JASPER'S MAGICAL MESSAGE FOR YOU

"Make room for positivity and playfulness in your life every day; there is always a reason to celebrate if you keep your mind open to it. Allow me to break down the barriers that you have created out of a sense of self-preservation so that you can joyfully move forward in life."

**Did you know?**
Due to the playful, childlike energies that dalmatian jasper invokes, it is often referred to as the Stone of Joy.

JASPER

# KAMBABA JASPER

HEART HEALING
PROTECTION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Africa, Brazil, Germany, India, Madagascar, Netherlands |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Black obsidian, cassiterite, chiastolite, malachite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Capricorn |

KAMBABA JASPER'S JOURNEY TO YOU

It used to be believed that kambaba jasper is a type of stromatolite with fossilized algae inclusions that formed over 22 million years ago. However, recent scientific analysis has found that it is actually a type of rhyolite with ground green quartz, aegirine, and potash inclusions that forms in volcanic rocks. Kambaba jasper is the Divine Masculine in stone form. It invokes and enhances all the masculine qualities, like assertiveness, action, independence, adventure, logic, and protection. Also known as crocodile jasper, there is evidence of its being used in jewelry, weapons, and ceremonial tools for over 10,000 years.

CRYSTAL HEALING WITH KAMBABA JASPER

### Where to use or place on body for healing

Kambaba jasper is a Root Chakra stone that protects, heals, grounds, and balances. Placed on this chakra, it eases your fear and mends broken hearts and spirits. Kambaba jasper helps you integrate experiences and wisdom from the past and reminds you of who you truly are. It can be placed on the Heart Chakra to clear your worries. It brings the kind of peace of mind that enables you to take clear and decisive action in your life. Set on your heart space, it enhances your ability to love yourself and others and be open to receiving love in return. Kambaba jasper can also be gridded around a person or through a room to facilitate and maintain protective boundaries during shamanic journeying.

### For the beginner

- Brings serenity and peace.
- Takes you to a deeper state of meditation easily and helps you integrate the wisdom found during spiritual experiences.
- Aids success and triumph; perfect to work with when you need a win.
- Can be kept in the workplace to encourage a flow of prosperity and bring forward motion to your career.

### For the advanced practitioner

Kambaba jasper holds ancient, medicinal, ceremonial energy. It's considered one of the few shamanic stones that maintains safety and good boundaries during ritual and journey work. Kambaba jasper is a source of ancient wisdom that facilitates astral travel, channeling, and deep spiritual meditation. It can be taken with you to places steeped in history to connect with the practices of people who once lived there. Kambaba jasper also brings healing to those experiencing heartbreak or rejection, helping them find their way back to happiness.

KAMBABA JASPER'S MAGICAL MESSAGE FOR YOU

"Allow me to hold space for you as you heal from life's challenges, bringing you strength and courage. Work with me to feel calm, centered, grounded, and one with the energy of the earth. Own the power of your inner Divine Masculine and be guided by your inherent strength."

**Did you know?**
Kambaba jasper is said to provide protection while deep-sea diving and can aid fishermen in increasing the yield of their catch.

JASPER

# LAGUNA JASPER

GROUNDING
PROTECTION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Australia, Mexico, South Africa, United States (western states) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Almandine garnet, Botswana agate, carnelian, petrified wood |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## LAGUNA JASPER'S JOURNEY TO YOU

The ancients saw laguna jasper as a mysterious stone of wish fulfillment and protection, believing it helped them manifest their intentions and safeguarded them from negative spirits. The Indigenous peoples of Central and South America would use laguna jasper during shamanic journey work to keep them safe during their spiritual travels. In Mesopotamian religion, it was believed that the god Marduk created three heavens above Earth, the lowest one being created from laguna jasper. Today, magical workers still revere this stone as a tool to aid inner journeying and connect with Earth's consciousness.

## CRYSTAL HEALING WITH LAGUNA JASPER

### Where to use or place on body for healing

Laguna jasper opens and heals the Root Chakra, which is located at the base of your tailbone. Hold it to your Root Chakra during meditation or healing work, or place it by your feet to ground yourself in the physical plane. Laguna jasper is also a perfect stone to keep by your bedside, to imbue you with gentle serenity and keep you safe during dreamwork. You can also keep laguna jasper in your garden to encourage communion between you and nature spirits.

### For the beginner

- Soothes you with its gentle, comforting, and relaxing vibration.
- Brings a sense of wholeness, encourages generosity and honesty, and leads you to act in ways that bring harmony to all those around you.
- Helps your beauty shine from the inside out and also brings prosperity and protection.
- Heals your Root Chakra, calling forth safe, stable, and grounded feelings.

### For the advanced practitioner

Laguna jasper is a shamanic stone of inner exploration and transformation. This stone draws you inward and deepens meditation, astral travel, and dream work. It connects you with Mother Earth and the nature spirits, revitalizing your understanding of how sacred life is. Laguna jasper also brings ancient wisdom, helping you connect with the messages of the ancestors and Mother Gaia to inform your own spiritual journey. As a transformational crystal, laguna jasper helps you change your internal and external worlds in ways that serve your divine purpose.

### LAGUNA JASPER'S MAGICAL MESSAGE FOR YOU

"Do you believe in heaven on earth? There is so much divine beauty and wisdom to be found on the physical plane. Do not forget—you are a child of Nature, held in the embrace of Mother Gaia. You are safe wherever you travel, whether on this planet or in the outer realms."

**Did you know?**
Laguna jasper was highly prized in medieval China and was believed to bestow long life and good fortune on the bearer.

# LEOPARDSKIN JASPER

ANCIENT WISDOM
PROTECTION
SHAMANIC JOURNEYING

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Brazil, Mexico, Nigeria, South Africa |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Barite, cacoxenite, kambaba jasper, lodolite, nuummite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Scorpio |

## LEOPARDSKIN JASPER'S JOURNEY TO YOU

Named leopardskin jasper for its distinctive markings, this stone is not actually a jasper but rather a form of orbicular rhyolite. It is created when very thick, silica-rich magma cools too quickly for crystallization to occur when it is thrown from erupting volcanoes. The markings are caused by feldspar, quartz, and organic matter that the magma absorbed as it cooled. The spots and patterns on leopardskin jasper resemble animal skin, flowers, snowflakes, and sea life—each piece is unique, in varying hues. This stone takes you back to the jungle, to the ancient wisdom of Mother Earth and all her creatures.

## CRYSTAL HEALING WITH LEOPARDSKIN JASPER

### Where to use or place on body for healing

Leopardskin jasper is a Root Chakra stone that enables shamanic journeying, connects you with animal energy, and brings deep physical and spiritual healing. Place it on this energy center before entering deep meditative states to connect with the ancient wisdom of your ancestors and guides.

### For the beginner

- Helps you manage and navigate change, adapt to your circumstances, and maintain your energetic equilibrium.
- Brings a sense of serenity, helping you to see that everything is going to be okay, even when surrounded by chaotic energies.
- Lets you weigh your options before making a decision, allowing you to see both sides of any situation objectively.

### For the advanced practitioner

Leopardskin jasper is a journey-work stone that enhances deep spiritual meditation while keeping you safely grounded. It's a powerful channeling stone and helps you integrate the wisdom found during shamanic journeys. Leopardskin jasper connects you with your spirit animals and facilitates spiritual shape-shifting, letting you experience the world from the point of view and with the senses of a particular animal. It also teaches you about and reconciles the duality inherent within all of us—light and shadow, physical and spiritual, rationality and intuition.

### LEOPARDSKIN JASPER'S MAGICAL MESSAGE FOR YOU

"When you are navigating change or new circumstances in your life, meditate with me to receive ancient wisdom that will help you explore all of your options."

**Did you know?**
Leopardskin jasper is said to help eliminate toxins from the body and reduce the intensity of body odor.

JASPER

# MOOKAITE JASPER

BEAUTY
INTUITION
REJUVENATION

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia |
| CHAKRA CORRESPONDENCE | Root, Sacral, Solar Plexus, Third Eye |
| PARTNERS WELL WITH | Blue calcite, green quartz, lapis lazuli, lepidolite, moss agate, peach moonstone, prasiolite, rhodonite, spotted jasper |
| ASTROLOGICAL CORRESPONDENCE | Aries, Cancer, Scorpio, Capricorn |

## MOOKAITE JASPER'S JOURNEY TO YOU

Mookaite jasper is found in the Kennedy Ranges of Western Australia. It gets its name from the Mooka Creek, where it is found; the Aboriginal term *"mooka"* means "running waters." This stone is formed from the skeleto remains of radiolaria, a variety of ancient marine protozoa, deposited as sediment in t shallow waters of the creek over millennia. A the waters receded, the presence of mineral and silica helped create the shades of red, yellow, burgundy, brown, and purple that yo see in this stunning gem. Mookaite jasper is known as the Stone of Beauty, believed to ho the fountain of youth.

## CRYSTAL HEALING WITH MOOKAITE JASPER

### Where to use or place on body for healing

Mookaite jasper is known to promote graceful aging and keep both your physical and spiritual bodies youthful. Place this gem on any area of your body in need of healing and rejuvenation, or keep it on your vanity, bedside table, or in any space that could benefit from its healing vibration. Hold mookaite jasper to your Third Eye Chakra to awaken your spiritual vision, enhance your psychic abilities, and open your perception to all the beauty around you, so that you may radiate that light from within. Mookaite jasper also activates the Root, Sacral, and Solar Plexus chakras. Hold this stone to any of these energy centers to cleanse them of stagnant energy and channel greater stability, passion, and confidence.

### For the beginner

- Enhances spiritual and physical beauty.
- Brings the healing energy of the water element and leads you to notice and appreciate the beauty around you so that you may absorb and reflect it with your own body.
- Reveals how the mind and body are closely interconnected, helping you maintain an optimistic mindset to see positive effects in your physical form.
- Guides you to look at aging from a space of empowerment rather than loss or lack.
- Strengthens leadership abilities, keeps you grounded in your body, and helps you find joy and pleasure in your experience on the physical plane.

### For the advanced practitioner

Mookaite jasper is a powerful tool for lineage healing. This stone helps you recognize intergenerational emotional issues you may be holding on to. Mookaite jasper also helps you address spiritual imbalances at the root, showing you how to heal on deeper and more profound levels. It boosts confidence, provides support during times o change, and opens your eyes to all the possibilities around you. Mookaite jasper also strengthen psychic abilities, helping you understand your "gut feelings" and the messages they're trying to share with you.

### MOOKAITE JASPER'S MAGICAL MESSAGE FOR YOU

"You are radiant and divine—a reflection of the beauty around you. To find the fountain of youth, you must simply delve within. The light that you seek is you."

**Did you know?**
Mookaite jasper is associated with Venus, the Roman goddess of love and beauty.

JASPER

# OCEAN JASPER

HAPPINESS
OPTIMISM
PLEASURE

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Madagascar |
| CHAKRA CORRESPONDENCE | Solar Plexus, Heart, Root, Throat |
| PARTNERS WELL WITH | Amethyst, aquamarine charoite, lepidolite, lithium quartz, red coral, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Capricorn |

## OCEAN JASPER'S JOURNEY TO YOU

Ocean jasper comes only from one ocean-facing mine in northwest Madagascar. It's long been known as a variety of orbicular jasper and comes in a wide range of colors and patterns. However, recent research looking at microscopically fine mineral slices has shown that the orbs of color are chalcedony with agate banding. Regardless of its mineral composition, ocean jasper is known in metaphysical circles as the Happiness Stone for its unerring ability to lift the veil of negativity and bring joy to your life.

## CRYSTAL HEALING WITH OCEAN JASPER

### Where to use or place on body for healing

Ocean jasper is predominantly worked with as a Solar Plexus Chakra stone, but due to its range of colors, it can be used on any energy center to bring high spirits and help you see the world from a more positive point of view. Placed on the Solar Plexus Chakra, ocean jasper helps you to release self-destructive behaviors by opening your eyes to healthier habits and thought processes and guides you to change the patterns that manifest disease, pain, or stagnant energy. It is also beneficial to set on the Root Chakra to help you feel connected to your body and the rest of the physical world, and your Throat and Heart chakras to infuse your words with love.

### For the beginner

- Brings happiness thanks to its high frequency.
- Promotes playfulness, self-expression, and relaxation and infuses your words and creations with love and happiness.
- Encourages you to laugh and let your hair down.

### For the advanced practitioner

Ocean jasper helps you release the tendency to take your loved ones and other blessings in your life for granted. It reminds you to take joy in life's simple pleasures and find bliss in every moment. Ocean jasper supports the expression of love through both words and actions and helps you realize when you truly love a person, even if you have built walls around your heart due to past pain. It relieves the need for escapism by bringing appreciation for the present moment as it is.

### OCEAN JASPER'S MAGICAL MESSAGE FOR YOU

"You deserve to have a life that is infused with love and happiness. Work with me to release your negative thoughts and worries, and find joy in the present moment."

**Did you know?**
Ocean jasper has in the past been mined exclusively by women in Madagascar.

# PICTURE JASPER

POSSIBILITY
OPEN-MINDEDNESS
EARTH CONNECTION

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | United States (South Dakota) |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Amethyst, black tourmaline, petrified wood, pyrite, sodalite, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Leo, Virgo |

## PICTURE JASPER'S JOURNEY TO YOU

Legends tie the origins of picture jasper to Jesus Christ—they say that the stone was formed when, during his crucifixion, a drop of his blood fell onto a piece of red jasper. Due to its resemblance to a flower, picture jasper is often referred to as Desert Rose. It's one of the most sought-after varieties of jasper, and its intricate patterns are created by petrified or silicate mud and dendritic inclusions. Picture jasper heals the Sacral Chakra, activating passion, pleasure, and creativity. It opens your mind to new possibilities and serves as a portal to Earth's consciousness, granting you access to some of Gaia's deepest wisdom. Picture jasper is also a recommended stone for connecting to ancient civilizations that have existed throughout time, guiding you to integrate their divine wisdom and spiritual practices into your everyday life.

## CRYSTAL HEALING WITH PICTURE JASPER

### Where to use or place on body for healing

Picture jasper opens and heals the Sacral Chakra, which is located in the center of your lower abdomen. Your Sacral Chakra is your center of creativity, life force, passion, and pleasure—the origin of all things you birth in this world. Hold picture jasper to this energy center to heal intimacy issues and tap into your innermost sexual and creative power. Place picture jasper on your desk or in your creative spaces. Meditate with picture jasper outdoors to tap into Earth's consciousness and deepen your connection with the mineral kingdom.

### For the beginner

- Encourages open-mindedness, helping you see the big picture in life and open yourself to new possibilities and opportunities.
- Absorbs negativity and brings a feeling of wholeness. During times of stress and chaos, picture jasper helps you access your inner center of peace, harmony, and understanding.
- Stimulates imagination and creativity while granting you the centeredness and motivation to manifest your visions through action.
- Channels the healing power of the natural world into every facet of your life.
- Strengthens your bond with Mother Gaia.

### For the advanced practitioner

Picture jasper supports inner journeying and astral travel. It serves as a portal to Earth's deepest wisdom, helping you receive Gaia's messages of guidance and support during meditation and visioning. Picture jasper is also a useful tool for healing past-life trauma. It channels nature's healing power into the emotional body, helping you move on from past hurts and integrate those lessons into your present life. Picture jasper is known to grant access to ancient civilizations, helping you journey back in time during meditation to access the wisdom of the ancestors. Some say that picture jasper can also be used to aid psychic visioning—gaze into its patterns to receive divine messages and gain clarity on both your own future and the future of the planet.

### PICTURE JASPER'S MAGICAL MESSAGE FOR YOU

"You are a divine being, destined to bring light to this planet and all who inhabit it. Open your eyes and see the bigger picture—there is so much beyond what is right before you."

**Did you know?**
Grossular garnet forms in ancient volcanic ash beds that date all the way to the Upper Cretaceous period.

# RAINFOREST JASPER

MANIFESTATION
HEALING
WISH FULFILLMENT

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Green aventurine, jade, petrified wood |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## RAINFOREST JASPER'S JOURNEY TO YOU

Rainforest jasper is a rare gem and type of rhyolitic lava formed only in Australia, created by gas bubbles trapped in a flow of lava during solidification. It's common to see patches of quartz in this crystal. Around the world, rainforest jasper is also known as spherulitic rhyolite, agatized rhyolite, or green rhyolite. Overall, rainforest jasper is a stone of wish fulfillment and manifestation. Its vibration is healing and invigorating, bringing energies of balance, ancient wisdom, joy, contentment, and peace. Rainforest jasper corresponds with the Heart Chakra, your center of love, compassion, and kindness. Work with this gem to soothe your emotional body and connect with the loving energy of Mother Nature.

## CRYSTAL HEALING WITH RAINFOREST JASPER

### Where to use or place on body for healing

Rainforest jasper is a stone of the heart space. Hold this gem to your Heart Chakra in meditation to clear any past hurt or negative attachments and open to the streams of love, serenity, hope, and happiness. Rainforest jasper is also an ideal gem for connecting with nature. Incorporate it into outdoor meditations to channel messages from the plant and mineral kingdoms, infusing their healing energy into every facet of your life. Rejuvenating and invigorating, rainforest jasper is a good stone for healing work. Hold it to any part of your body in need of renewal and relief, allowing it to infuse you with its balancing and soothing energy.

### For the beginner

- Fulfills wishes and aids manifestation, especially when it comes to manifesting physical wellness and abundance.
- Embodies joy, hope, and openness. It guides you to transform old habits that no longer serve your highest good.
- Aids those struggling with addiction.
- Channels wisdom straight from Mother Nature and brings you into harmony with the natural world.
- Brings serenity and renewal to those in need of emotional healing.

### For the advanced practitioner

Rainforest jasper is a powerful gem for reconnecting with your divine purpose. It reassures you of your place on Earth and brings a sense of cosmic connection, strengthening the bond you share with this planet and all who inhabit it. Rainforest jasper is also an ideal tool for calling in the presence of nature spirits. It draws you into the heart of Mother Nature, helping you embody Earth's wisdom to radiate healing energy into the world around you.

Rainforest jasper also encourages you to be kind to your body and spirit, helping you act in ways that serve your highest good. This gem propels you to commit to your own well-being as well as the well-being of the planet.

### RAINFOREST JASPER'S MAGICAL MESSAGE FOR YOU

"Just like Mother Nature, you have the ability to create, thrive, and expand. When in doubt, look to nature—you hold its powers of growth and regeneration."

**Did you know?**

Magical practitioners often work with rainforest jasper in Earth-healing rituals, believing this stone helps bring restoration, renewal, and balance to the planet.

JASPER

# SANSKRIT JASPER

ANCIENT WISDOM
CREATIVITY
SELF-EMPOWERMENT

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | India |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Amber, ammonite, chiastolite, Orthoceras, stromatolite, turritella agate |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Pisces |

## SANSKRIT JASPER'S JOURNEY TO YOU

Sanskrit jasper is known by a few different names in the metaphysical community: Miriam stone, calligraphy stone, Arabic stone, elephant skin jasper, and more! But these names all come back to the same thing—the mesmerizing patterns that grace the surface and interior of this stone, which resemble ancient writing and codes of wisdom. These stripes and swirls are fossilized fragments of bone, shell, and plant material from primordial swamps that have been compressed into stone over millions of years in the Himalayas, with inclusions of hematite giving it the orange-brown hue it is so well known for. It's believed to have ancient prophecies written in its textual-appearing lines, just waiting for you to discern and interpret them.

## CRYSTAL HEALING WITH SANSKRIT JASPER

### Where to use or place on body for healing

Sanskrit jasper activates the Solar Plexus Chakra, and holding it against this energy center will infuse your being with a potent sense of empowerment and self-confidence. The strength of this stone, built over millions of years, transfers to you, giving you the self-belief and confidence to know that you will not crumble under pressure. Meditate with Sanskrit jasper and gaze into its patterns to discern the hidden messages that are waiting just for you. Hold it as you seek answers to life's most challenging questions, and open your mind to the guidance waiting for you within this beautiful stone.

### For the beginner

- Strengthens your determination to see projects and goals through to completion.
- Steels your resolve when you are hesitant about taking the next step along your soul's path.
- Stimulates your imagination and helps overcome writer's block.
- Assists you in developing your intuitive abilities and psychic gifts.

### For the advanced practitioner

Sanskrit jasper connects you to Vedic wisdom and the origins of civilization and society. Using these stones is almost like reading a book of secrets with wisdom embedded hundreds and thousands of years ago, when the world was filled with more magic and mystery. According to legend, if you find this stone, it actually found *you*. The beauty of Sanskrit jasper is in the lines. When carefully observed, these lines resemble actual Sanskrit, and within the lines are messages waiting for you to intuit them. Sanskrit jasper will connect you to your own ancestral lineage and wisdom and open the doors for you to the Akashic records.

### SANSKRIT JASPER'S MAGICAL MESSAGE FOR YOU

"Gaze upon me and decipher the messages that I hold specifically for you. I am your personal divine messenger and will guide you even through the darkest nights."

**Did you know?**
Fifty million years ago, the Tethys Ocean used to exist where the Himalayas are today—and the fossils of the aquatic life that resided there form the swirling lines of Sanskrit jasper.

# UNAKITE JASPER

EMOTIONAL RESILIENCE
HEART HEALING
SELF-LOVE

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, Brazil, China, South Africa, United States (North Carolina, Tennessee, Virginia) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Datolite, dioptase, green calcite, rose quartz, serpentine, variscite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

## UNAKITE JASPER'S JOURNEY TO YOU

Unakite was first discovered in 1874 in the Unaka Range, which bridges the border between western North Carolina and eastern Tennessee, after which this stone was named. It is a composite rock, which means it is made up of different stones: clear quartz, epidote, and pink feldspar. Pink feldspar encourages self-love, epidote brings protection and aids manifestation, and clear quartz amplifies the properties of the other stones. Together, they create a unique gem that brings support and safety as you bring healing and renewed faith to your heart space.

## CRYSTAL HEALING WITH UNAKITE JASPER

### Where to use or place on body for healing

As a stone of the Heart Chakra, unakite jasper brings forth energies of compassion and kindness. Holding or wearing it as a long necklace that rests against your heart space will lead you to cultivate those qualities within yourself so you can share them with others. Keeping unakite jasper close to you will allow you to navigate any healing, whether on a physical, emotional, or spiritual level, helping you to trust in the process and have faith that things will, once again, be okay.

### For the beginner

- Helps you to see where you may have been repressing your emotions and supports you as you gently explore what you have really been feeling.
- Builds emotional resilience in children, particularly if they have faced grief or sorrow early on in their lives.
- Brings strength and harmony to relationships.
- Reminds you to engage in good self-care practices to nourish your own body, mind, and spirit.

### For the advanced practitioner

Unakite jasper is a master heart healer, bringing love, compassion, and kindness. This gem facilitates rebirth and renewal to balance the emotional body. Unakite jasper gently releases any condition that prevents you from experiencing spiritual and psychological growth, clears deep-seated emotions, and helps lift your spirits. It's also a great stone to keep at your side when recovering from a major illness. If you have been neglecting your body for any reason, unakite jasper will remind you to slow down and take exquisite care of yourself.

### UNAKITE JASPER'S MAGICAL MESSAGE FOR YOU

"I am a stone of self-love, reminding you to treat yourself with extra loving care. I bring a renewal of patience, perseverance, and healing to your heart space."

**Did you know?**

Unakite has been used as a decorative stone in architecture, including as a border and edging on the Smithsonian National Museum of Natural History.

# JET

GROUNDING
PROTECTION
SHADOW WORK

| | |
|---|---|
| MOHS HARDNESS | 3–4 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | England, France, Germany, India, Poland, Russia, Spain, United States (Alaska, New Mexico, Utah, Virginia) |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Aegirine, amber, amblygonite, black tourmaline, infinite stone, moldavite, seraphinite, serpentine, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Capricorn |

## JET'S JOURNEY TO YOU

Jet is a type of black lignite similar in appearance to coal, but it is much harder and formed from fossilized driftwood that has been submerged under the seafloor for millions of years, while coal is a sedimentary rock that contains fossilized plant matter of various kinds. Like amber, jet becomes electrically charged when rubbed against wool or silk. It's a profoundly protective stone and has been used to protect families, homes, and communities since medieval times. Our ancestors believed that carrying a piece of jet would help protect them from disease, including the plague. Jet clears the auric field of negative energetic attachments while encouraging you to develop to your fullest potential.

## CRYSTAL HEALING WITH JET

### Where to use or place on body for healing

Jet activates the Earth Star and Root chakras, helping you ground yourself and feel protected. Placed on this energy center, it wards off negative energy while drawing on the earth's energy to guide and provide flow in your desired direction. Gridded on or around the body, jet helps you anchor and connect back to the earth while providing an energetic buffer between you and low vibrations, filtering any negative energies from your auric field.

### For the beginner

- Acts as a mirror and shows you what you most need to clear in yourself in order to bring more light into your life.
- Assists in filtering lower vibrations when you are experiencing a difficult loss, going through a time of grief, or processing heavy emotions.
- Carries light energy and is the perfect gem to purify your auric field.
- Keeps you connected with our physical world and comfortable in your own body.

### For the advanced practitioner

Although jet is light in weight, it packs a heavy punch when it comes to protection, removing curses or hexes and filtering dark magic that stems from previous ages or lifetimes. It guides you in shadow work, helping you to own your perceived shortcomings while exploring your true inner power and integrating the lessons of negative past experiences. Jet helps you see the best areas of your life to focus on at any given time to propel you toward your full potential while allowing you to remain patient with yourself.

### JET'S MAGICAL MESSAGE FOR YOU

"Release all things in your past that no longer serve you, including emotions that weigh you down, like grief and guilt. You can heal, and you will. Simply give yourself time."

**Did you know?**

The world's finest-quality jet is often found washed up on the northeastern beaches of England.

# KÄMMERERITE

PURIFICATION
HEALING
ENLIGHTENMENT

| | |
|---|---|
| MOHS HARDNESS | 2–2.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Turkey |
| CHAKRA CORRESPONDENCE | Heart, Third Eye, Crown |
| PARTNERS WELL WITH | Blue topaz, cavansite, covellite, dumortierite, moonstone, phenakite, quartz, selenite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Virgo |

## KÄMMERERITE'S JOURNEY TO YOU

Kämmererite is a rare, chromium-bearing variety of clinochlore and was first discovered in 1851. This gem was named after August Alexander Kämmerer, a Russian chemist who studied crystals and their healing effects on the body. Kämmererite varies in shade from bright purple to deep crimson, and in every color, it holds a high and sweet frequency. Because of its mineral composition, this stone offers healing unlike any other gem. Both the clinochlore and chromium found in kämmererite bring detoxification and rejuvenation of body, mind, and spirit. This crystal is a powerful tool for clearing the auric field and activating all chakras for a sense of balance, wellness, and spiritual harmony.

## CRYSTAL HEALING WITH KÄMMERERITE

### Where to use or place on body for healing

Kämmererite holds the ability to activate all chakras, but its magic is most deeply felt in the Heart, Third Eye, and Crown chakras. Hold kämmererite to your third eye in meditation to propel your psychic awakening. Hover it over your heart space during healing work to clear past pain and open to new sources of love and kindness. Kämmererite also aids lucid dreaming and astral travel, making it a wonderful crystal to keep in your pillowcase or on your bedside table.

### For the beginner

- Detoxifies the spirit of any negative or stagnant energies that block you from wellness and peace and clears mental fog.
- Heals, enlightens, and reestablishes your connection with All That Is.
- Soothes past heartache and trauma and helps you release low-vibrational emotions like anger, sadness, and fear. It elevates the spirit and helps you see things from a broader perspective.
- Helps you release any rigid, unhelpful thoughts that are keeping you from pursuing your highest path. This stone encourages flexibility of mind and spirit.
- Boosts fertility, strengthens psychic gifts, soothes tension, provides relief from stress, and encourages compassion, flexibility, and kindness.

### For the advanced practitioner

Kämmererite is known to help you rise above your physical body and access your divine self—the part of you that is aligned with the wisdom of the higher realms. This gem propels psychic awakening and spiritual enlightenment, leading you to higher planes of consciousness. It grants access to the Akashic records, aids lucid dreaming and astral travel, and helps you see past our physical reality and into other dimensions. Kämmererite deepens meditation and calls in the presence of your angels and spirit guides. This stone is also a useful tool for channeling past-life wisdom and integrating those lessons into your present reality.

### KÄMMERERITE'S MAGICAL MESSAGE FOR YOU

"It's time to clean out the old and make way for the new. Feel all heavy attachments clearing away. A blank slate is not a void—it's an opportunity to create something greater."

### Did you know?

Kämmererite is known to relieve stiffness, making it an ideal stone for dancers or anyone looking to channel more physical flexibility and strength.

# BLACK KYANITE

CLEARING
PROTECTION
PURIFICATION

| | |
|---|---|
| MOHS HARDNESS | 5.5–7 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Earth Star |
| PARTNERS WELL WITH | Ajoite, black tourmaline, nuummite, other kyanites, selenite, shungite, Tibetan tektite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Libra |

## BLACK KYANITE'S JOURNEY TO YOU

Black kyanite is the only stone other than selenite that can clear the energy of anything it touches instantly but does not hold or store energy, so it never needs to be cleansed or cleared itself. It forms in fanlike blades, some of which can reach over six inches in length, and is sometimes referred to as the Witches' Broom crystal for its ability to sweep any energy field clear of debris or negativity. Black kyanite can be placed around the home to ward off negative energies and call in positivity and white light.

## CRYSTAL HEALING WITH BLACK KYANITE

### Where to use or place on body for healing

Black kyanite activates the Earth Star Chakra, and when placed in this position, it helps you deeply connect with Mother Earth, the ancestors, crystal and mineral spirits, and the faerie realm. Because of its amazing clearing properties, it also ensures that any connections with these beings that come through are totally in alignment with higher frequencies. Black kyanite can also be placed on any area of the body or any object, including other crystals and even your phone, to clear dense or stuck energy.

### For the beginner

- Starts you along your path to connecting with spirit guides and past lives through shamanic journeying.
- Ensures that any lower energies or disturbing memories are filtered out before you continue on your journey.
- Helps you see where your soul needs healing without causing you to feel overwhelmed.

### For the advanced practitioner

Black kyanite is a fantastic ally for bringing powerful energetic purification to all of a client's chakras and enhancing flow in their central energy channel. It raises vibrations and enhances interdimensional awareness without making you feel untethered, as it keeps you grounded and connected to the energies of the earth. Black kyanite helps you retrieve fresh insights about any situation from your subconscious. Its blades can also be used to cut or narrow energetic cords to toxic people, relationships, habits, and places.

### BLACK KYANITE'S MAGICAL MESSAGE FOR YOU

"I am a powerful siphoner and purifier of all negative energies—let's work together to clear your life of all that doesn't serve your highest good and replace it with pure white light!"

**Did you know?**
In some Christian and Muslim traditions, it's believed that the blade of the archangel Michael was made from black kyanite due to its powerful protective and cleansing properties.

KYANITE

# BLUE KYANITE

ALIGNMENT
COMMUNICATION
INTUITION

| | |
|---|---|
| MOHS HARDNESS | 5.5–7 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Brazil, New Zealand, Russia, Tanzania, United States (Alabama, Georgia, North Carolina) |
| CHAKRA CORRESPONDENCE | Throat, Third Eye |
| PARTNERS WELL WITH | Amazonite, clear quartz, labradorite, natrolite, other kyanites, selenite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Libra |

## BLUE KYANITE'S JOURNEY TO YOU

Kyanite was named in 1789 by Abraham Gottlob Werner after the Greek word *"cyanos,"* which simply means "dark blue." Blue kyanite has two different strengths within the same crystal. Parallel to its long axis, it can break and be scratched easily with a Mohs of 5.5. However, crosswise, running perpendicular to its long axis, it is much harder, with a Mohs of 7. Blue kyanite instantly balances and aligns all nine of your chakras, including the Earth Star and Soul Star chakras.

## CRYSTAL HEALING WITH BLUE KYANITE

### Where to use or place on body for healing

Blue kyanite brings a sense of tranquility and calm to your whole being, particularly resonating with the Throat and Third Eye chakras. Placed on the Throat Chakra, it connects you to your highest truth and makes it easy to express yourself. It helps you release anger and frustration to communicate with others openly. Placed on your Third Eye Chakra, it strengthens your intuition and wisdom, as well as your will and vision, so that you can move in concert with the collective highest good. Carrying blue kyanite also creates a shield around you that protects you from intrusive energy.

### For the beginner

- Stabilizes your energy and elevates the level of positive vibrations in your energy field.
- Heals energetic imbalances and helps with physical balance issues such as regulating your hormones and steadying feelings of vertigo.
- Brings all body systems into homeostasis and helps balance masculine and feminine energies in the body.
- Provides mental clarity, which helps to relieve any confusion relating to spiritual and emotional issues.
- Eases you into meditation, bringing a sense of gentle calm.

### For the advanced practitioner

Blue kyanite facilitates rapid transfers of energy that open the psychic channels wide and activate faster downloads of information from higher dimensions. Doing this can also make telepathic communication between two people easier, particularly if they are both working with this stone. If you sleep with blue kyanite, it stimulates lucid dreaming, helps you recall dream messages from the spirit realm, and even allows you to explore solutions to mundane problems while in the dream state.

### BLUE KYANITE'S MAGICAL MESSAGE FOR YOU

"You can dissolve unhealthy patterns of all kinds when you work with me, allowing you to speak your personal truth. I will help you step out of your own way, allowing for a clear flow of energy, information, and access to cosmic consciousness."

**Did you know?**
Blue kyanite is helpful for those with disorders of the central nervous system because of its powerful alignment and balancing properties.

KYANITE

# ORANGE KYANITE

PASSION
CREATIVITY
PLAYFULNESS

| | |
|---|---|
| MOHS HARDNESS | 4.5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Tanzania |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Carnelian, citrine, Mexican fire opal, peach moonstone |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Libra |

## ORANGE KYANITE'S JOURNEY TO YOU

Orange kyanite was first discovered in 2008 in Tanzania's Arusha Region, an area known for producing other gemstones like tanzanite and tsavorite. This fibrous, golden-orange stone gets its coloring from manganese inclusions. It ranges from translucent to opaque and is often found in the form of a flat blade. While its blue counterpart is known for opening and aligning all chakras, orange kyanite holds a vibration most deeply felt in the Sacral Chakra—the energy center of passion, pleasure, desire, and creativity. By healing this chakra, orange kyanite stimulates sexual and creative power, which is why it's an ideal stone for artists and creators of all kinds.

## CRYSTAL HEALING WITH ORANGE KYANITE

### Where to use or place on body for healing

Orange kyanite encourages carefree play and uninhibited creativity. Keep this stone in your creative spaces to encourage the positive flow of energy, or hold it when visualizing and planning new artistic projects. Orange kyanite is also an ideal crystal for couples to work with to reignite the fire in their relationship. Hold this stone to your Sacral Chakra in meditation to heal creative blockages, open up to pleasure, and stimulate greater sexual and creative power. Orange kyanite boosts vitality, stimulates imagination, and opens you up to new possibilities when you're feeling lethargic. You can also work with orange kyanite to strengthen clair-abilities like clairsentience and clairvoyance. Simply hold it in meditation to start awakening your psychic gifts.

### For the beginner

- Connects you with your inner child and guides you in healing past trauma. It sparks imagination and encourages you to play without fear or hesitation, just as you did in your youth.
- Reignites passion, aids creative visualization, boosts self-esteem, and lifts the spirit.
- Encourages clear, uninhibited expression and sharing your creations with the world around you, making it an ally for writers, musicians, dancers, painters, and artists of all kinds.

### For the advanced practitioner

Orange kyanite is a stone of transformation and a wonderful tool for connecting with and healing your inner child. This gem soothes past trauma and helps you release fear, doubt, and all negative attachments that keep you in a low-vibrational state. In turn, it boosts confidence and self-esteem and pushes you to embody your divine self—the part of you that creates, loves, and plays free from shame or hesitation. Orange kyanite also encourages you to co-create with the universe, helping you come into perfect flow with the divine creative energy around you. It helps you focus your energy in productive ways and channel prana to bring your deepest creative visions to life. Orange kyanite is also one of the most powerful stones for aiding manifestation, doing so by activating your Sacral Chakra and clearing it of any negative attachments.

### ORANGE KYANITE'S MAGICAL MESSAGE FOR YOU

"In the eyes of Source, you are a child—free to play, create, and feel as you please. What divine visions lie in your deepest imagination? Tune in to their vibrant colors, and watch them come to life."

**Did you know?**
Orange kyanite is the rarest form of kyanite.

# LABRADORITE

NEW BEGINNINGS
PSYCHIC ABILITIES
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Canada, Madagascar, Mexico, Russia, United States (Arizona, California, Colorado, Idaho, Maine, New Hampshire, New York, Utah) |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Amethyst, celestite, danburite, fluorite, lapis lazuli, moonstone, opalite, smoky quartz, sunstone |
| ASTROLOGICAL CORRESPONDENCE | Leo, Sagittarius |

## LABRADORITE'S JOURNEY TO YOU

Labradorite is a form of feldspar originally found in Labrador, Canada, in 1770. Its flash, or labradorescence, is caused by its very thin and compacted layers. As light travels down into the stone, these layers refract and reflect the colors back to the surface. An Inuit legend says that long ago, the northern lights, or aurora borealis, fell from the sky and became trapped within a stone. An Inuit warrior tried to release them by striking the stone with his spear. However, some light rays remained within the stone, giving labradorite its characteristic flashes of rainbow light, which ignite the imagination and rekindle your inner fire.

## CRYSTAL HEALING WITH LABRADORITE

### Where to use or place on body for healing

Labradorite activates the Third Eye Chakra and is a stone of seers and mystics that, when used in scrying, can open visual access to future events. Placed on this energy center during meditation, it opens your senses, enhancing vision and making it possible to see the world fully as it is around you. It sharpens your focus, and like the Hermit in the tarot, labradorite helps light your path so you can see your way through challenges.

### For the beginner

- Brings hope, opportunity, and imagination and kindles your inner fire like its brilliant fiery flashes of color.
- Embodies the meaning of the new moon; when we lack the light of the moon to bring us direction, we must rely on our intuition.
- Helps you focus your thoughts on your deepest desires and intentions and sends them to the moon on crow's wings.
- Communicates your wishes, intentions, and dreams to the Source when you meditate with it.

### For the advanced practitioner

Labradorite is a stone of change, but it helps you negotiate changes with grace. It awakens your innate psychic abilities, including clairvoyance, telepathy, and astral travel. Labradorite grants access to Akashic records, enabling you to see past, present, and future events and communicate with your guides and guardians from higher realms. Used during healing sessions with clients, labradorite can also help illuminate the root causes of mystery illnesses that physicians have not been able to diagnose due to their energetic or emotional origins.

### LABRADORITE'S MAGICAL MESSAGE FOR YOU

"I am the stone of the dark moon, drawing down the powers of the night and mysteries of the universe into your soul. Call on me to support you as you undertake any new projects or intentions. Allow me to help you bring your creations to life as together we harness all the magic of the moon."

**Did you know?**
The colors of labradorite are not actually within the stone. Instead, they depend on how a light source refracts through its layers. The more intense the color and hues you see, the deeper the layers of the stone.

# GOLDEN LABRADORITE

CLARITY
CONFIDENCE
PERSONAL POWER

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Canada, Ethiopia, Mexico, Norway, United States (Arizona, New Mexico, Oregon) |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Danburite, datolite, herderite, moldavite, olivine, phenakite, scolecite, zincite |
| ASTROLOGICAL CORRESPONDENCE | Leo, Sagittarius |

## GOLDEN LABRADORITE'S JOURNEY TO YOU

Golden labradorite is a rare member of the feldspar family and is considered a masculine stone of the sun and Golden Ray. It's also referred to as bytownite, named after Bytown (now Ottawa) in Canada, where it was first discovered in 1855. It doesn't have the same labradorescence that can be seen in other forms of labradorite and feldspars. Still, it displays a gorgeous, luminescent sheen when polished or faceted, reflective of its radiant metaphysical power.

## CRYSTAL HEALING WITH GOLDEN LABRADORITE

### Where to use or place on body for healing

Golden labradorite activates the Solar Plexus Chakra and can be placed on this energy center to help you move more confidently in the world. It's empowering, enhances intuition, and enables you to find the courage to do what you need to do. Golden labradorite also brings wisdom, especially about your higher calling. Its masculine energy is fiery and intense, and it can be held in meditation or carried throughout the day to invoke this kind of confidence in you.

### For the beginner

- Helps you to find your center and stay steady in times of change. It awakens and strengthens your sense of purpose and increases your ability to manifest your desires.
- Helps to alleviate procrastination.
- Enhances clarity of mind, vitality, and spiritual focus.

### For the advanced practitioner

Golden labradorite illuminates when the will of the Divine is at work in your life, from small coincidences to more significant triggers of spiritual awakening. It teaches about the appropriate use of power and helps to release issues or fears regarding the misuse of power from past lives. Golden labradorite can be used during dream work or while journeying to access higher planes of wisdom to help you consciously and accurately recall the experiences and information gained while there.

### GOLDEN LABRADORITE'S MAGICAL MESSAGE FOR YOU

"Work with me to call forth your personal power and use it with integrity and altruism. Move confidently and bravely toward fulfilling your higher purpose, without fear of your inner power."

**Did you know?**
Golden labradorite has occasionally been found as an inclusion in meteorites, giving an extraterrestrial quality to its properties.

# LAPIS LAZULI

INTUITION
WISDOM
ROYAL POWER

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Afghanistan, Chile, India, Russia |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Labradorite, moldavite, opal, turquoise |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

LAPIS LAZULI'S JOURNEY TO YOU

Lapis lazuli is a rock that contains lazurite, calcite, pyrite, micc sodalite, and sometimes diopside. The presence of lazurite gives lapis lazuli its distinct blue color, and specimens with a green tint to them have an abundance of pyrite and diopside Since ancient times, lapis lazuli has been used as a blue pigment, and the stone was a favorite among ancient Egypti artists and royalty, who saw it as a connection to the sky gods The ancients believed lapis lazuli to represent purity, peace, and all things holy. Legend has it that Cleopatra would have this gem ground into a fine powder to wear as eye shadow; she believed the gem would bring her eternal life and power and even had her palace walls inlaid with it. Throughout histo the gem has also been widely used throughout Europe and the Middle East. Today, it remains a popular choice around th world for jewelry and crystal healing.

CRYSTAL HEALING WITH LAPIS LAZULI

### Where to use or place on body for healing

Hold lapis lazuli to your third eye to activate your psychic vision, aid divination and dream work, and deepen your intuition. Keep it close by when giving tarot readings, working with pendulums, or performing any other form of divination. Lapis lazuli is also a wonderful choice for gemstone jewelry—wear it to tap into your inner royalty and embody power and confidence everywhere you go. As a stone of good fortune, lapis lazuli provides guidance and luck when setting intentions, embarking on new business ventures, or manifesting.

### For the beginner

- Embodies royalty, wisdom, knowledge, and power. It boosts confidence and evokes the inner priestess, helping you embody the regal strength of ancient Egyptian royalty.
- Provides safety from negative influences and strengthens spiritual vision and insight.
- Promotes optimism and purifies harmful thought patterns, helping you think and act in ways that serve your highest good.
- Opens the third eye, channels spiritual guidance, and stimulates the intellect, encouraging you to be both a student and a teacher in life.

### For the advanced practitioner

Lapis lazuli propels spiritual growth by encouraging deep self-reflection. This stone leads you on a powerful journey inward, guiding you toward the divine wisdom you hold within. Lapis lazuli is also a useful tool for channeling past-life memories, calling in the presence of spirit guides, expanding psychic awareness, and moving past self-limiting beliefs to align with your innate power. It serves as a bridge to the gods and celestial realms, allowing you to embody the wisdom of the sky and the Divine in your everyday life. Lapis lazuli also affects the way you perceive and process the world around you, encouraging you to see things with your spiritual vision.

LAPIS LAZULI'S MAGICAL MESSAGE FOR YOU

"Only when you close your eyes will you truly see things a they are. What exists beyond our physical reality? Tune in to your inner voice, and you will begin to understand."

**Did you know?**

Lapis lazuli's name is a combination of the Latin word *"lapis,"* meaning "stone," and the Persian word *"lazhuward,"* meaning "blue."

# LARIMAR

AUTHENTICITY
COMMUNICATION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 4.5–5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Dominican Republic |
| CHAKRA CORRESPONDENCE | Throat |
| PARTNERS WELL WITH | Ajoite, Andean blue opal, aqua Lemuria, aquamarine, chrysocolla, moldavite, ruby, Tibetan tektite, turquoise, zincite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## LARIMAR'S JOURNEY TO YOU

Larimar is referred to as the "rare blue stone of Atlantis" or "Atlantis stone" and is said to hold the wisdom of this ancient sunken city. This gem was first discovered in the Filipinas Larimar Mine of the Dominican Republic and is actually a light blue variety of pectolite. It's often compared to turquoise but holds a magic all its own. With its calming and cooling frequency, larimar opens and cleanses the Throat Chakra, guiding you to share your divine truth with clarity, authenticity, and conviction.

## CRYSTAL HEALING WITH LARIMAR

### Where to use or place on body for healing

If you feel disconnected from your inner truth, larimar is your stone. It heals and purifies the Throat Chakra, which is located at your physical throat. Hold this gem to this energy center to cleanse any blockages that keep you from connecting with and sharing your truth. You can also keep this gem in your home or any area where you gather with friends, family, or peers to encourage clear, honest, and harmonious communication. Larimar is also a wonderful stone to keep on your desk to promote mental clarity and a pleasant, peaceful atmosphere. It's an especially useful tool for writers and public speakers, as well as caretakers, Reiki practitioners, and any other healer.

### For the beginner

- Soothes and nurtures by purifying the aura, promoting relaxation, and bringing emotional healing.
- Helps you release judgment, unhealthy attachments, and fear, giving you the courage to express your emotions openly with those you love.
- Dissolves any barriers around your heart that you may have built after past pain.

### For the advanced practitioner

Larimar grants access to the Divine Feminine magic within. It's a stone of the Goddess, the sea, and the sky, capable of opening pathways to the higher realms. Larimar is said to hold spiritual messages from Atlantis. Working with this gem is a powerful way to access the wisdom of this lost city and tap into your inner goddess, so that you may align with your divine purpose and bring deep healing to the world around you.

### LARIMAR'S MAGICAL MESSAGE FOR YOU

"Let the ocean wash over you, soothing and cold. Release what weighs heavy, and let the waves wash it away. Listen to the water, and you will hear your own truth."

**Did you know?**
**Larimar is said to harmonize water and fire energies, yin and yang, for a greater sense of wholeness and balance.**

# LARVIKITE

MANIFESTATION
PERSONAL POWER
PSYCHIC ABILITY

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Canada, France, Mexico, Norway, Russia, Ukraine, United States |
| CHAKRA CORRESPONDENCE | Root, Solar Plexus, Third Eye |
| PARTNERS WELL WITH | Black sapphire, blue tiger's-eye, labradorite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Aquarius |

## LARVIKITE'S JOURNEY TO YOU

Larvikite is a member of the feldspar family named after Larvik, Norway—the town where it was discovered. This relatively coarse-grained igneous rock is rich in anorthoclase, and it gets its silver-blue sheen from the presence of alkali feldspar and plagioclase. It's believed that larvikite formed nearly 300 million years ago, at an estimated depth of eighteen miles below Earth's surface. Overall, larvikite is a stone of patience, grounding, focus, and trust. It bridges the Solar Plexus and Root chakras, helping you channel your will to manifest your intentions on the physical plane. Larvikite also opens the Third Eye, unlocking psychic doorways and portals to the spiritual world.

## CRYSTAL HEALING WITH LARVIKITE

### Where to use or place on body for healing

Place larvikite on your Third Eye during meditation to facilitate psychic visions, or keep it close when performing tarot readings, working with crystal pendulums, or practicing any other form of divination. Larvikite also heals the Solar Plexus and Root chakras; hold it to your core or to the base of your tailbone to activate power, confidence, stability, and security. Larvikite is a particularly useful stone to work with under the new moon. Hold it as you write down your new-moon intentions, allowing it to support you as you send your wishes out into the universe.

### For the beginner

- Aids manifestation by helping you focus your mind and have patience and trust in the process.
- Brings gentle protection, keeping you safe from negative energies, anchoring you into the earth, and revitalizing life-force energy.
- Promotes physical wellness and helps you confront spiritual and emotional issues at the root so that you may heal at deeper levels.

### For the advanced practitioner

Larvikite promotes higher awareness, helping you look beyond stress, anger, or any other intense emotions and see situations from a balanced and clear point of view. It deepens understanding of the self, strengthens intuitive abilities, and provides comfort and support during times of transformation. For those who engage in intensive meditations, larvikite is a wonderful stone for coming back into your body. Though deeply in tune with the earth, larvikite also resonates with the water element, washing away stress and negative attachments for greater emotional well-being.

### LARVIKITE'S MAGICAL MESSAGE FOR YOU

"The road that leads to your deepest intentions lies within your very own mind. Close your eyes and find the path that you have always known."

### Did you know?

Like moonstone and labradorite, larvikite is a member of the feldspar family, distinguishable by its gray sheen and flashes of silver light.

# LAZULITE

PSYCHIC ABILITIES
SERENITY
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Austria, Brazil, Canada (Yukon), India, Madagascar, Sweden, United States (California, Georgia, Wisconsin) |
| CHAKRA CORRESPONDENCE | Throat, Third Eye |
| PARTNERS WELL WITH | Azeztulite, azurite, brookite, danburite, herderite, iolite, lapis lazuli, phenakite, natrolite, scolecite, Siberian blue quartz, sodalite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Sagittarius |

## LAZULITE'S JOURNEY TO YOU

Lazulite gets its name from the Arabic *"lazaward,"* meaning "sky" or "heaven," a reference to its ethereal blue color. This gem is a magnesium-iron-aluminum phosphate, and its color ranges from rich azure to pale blue and sometimes green-blue. Lazurite is a stone of psychic ability and focus. This crystal encourages calm and discipline, deepening meditation and connecting you with the higher realms. Lazulite is one of the purest gems of the Indigo Ray, activating your Third Eye Chakra to strengthen intuition and aid divination. Famed clairvoyant Edgar Cayce held lazulite in high regard, mentioning it as a potent healing stone in his readings; he paired this gem with azurite to promote higher awareness and open psychic channels.

## CRYSTAL HEALING WITH LAZULITE

### Where to use or place on body for healing

Lazulite is a stone of the Third Eye Chakra, which is located at your forehead between your eyes. Placing lazulite upon this energy center during meditation or ritual will help you open and strengthen your psychic vision. This gem is useful for channeling spiritual visions, embarking on astral travel, and promoting lucid dreaming. Lazulite also heals the Throat Chakra, which is located at your physical throat. Hold lazulite to your Throat Chakra during healing work to cleanse energetic blockages—anything keeping you from sharing your truth with clarity, conviction, and honesty. You can also keep lazulite nearby as you perform tarot readings or any other form of divination, or by your bedside to start receiving divine messages in your sleep.

### For the beginner

- Deepens meditation and channels tranquility when you're in need. This gem dissipates fear, doubt, and tension and promotes optimism and emotional well-being.
- Strengthens insight, helping you see the worlds around and within you clearly and from a higher perspective, and develops psychic abilities.
- Brings feelings of bliss, serenity, and divine connection. It leads you to see the "big picture" of life and experience the peace that comes with that revelation.

### For the advanced practitioner

Lazulite serves as a powerful guide when performing deep, transformative spiritual work. This stone induces lucid dreaming, aids astral travel, and grants access to past-life memories. It cleanses and opens the Third Eye, attuning you to wisdom from realms beyond our world of time and space. By helping you access alternate realities and past versions of yourself, lazulite leads you in clearing any trauma or emotional baggage you may be holding from past lifetimes. If you or a client has had any experiences that were psychically overwhelming, lazulite can be used as a cosmic reset for the Third Eye Chakra.

### LAZULITE'S MAGICAL MESSAGE FOR YOU

"What lies beyond our world of time and space? There is so much magic to be found beyond what we can see. Close your eyes and tune in to your spiritual vision. I will translate messages from the Spirit for you with ease."

### Did you know?

The ancients worked with lazulite as a "worry stone," using it in meditation to gain insight into their troubles and unveil the best ways to work through them.

# LEPIDOCROCITE

BALANCE
TRAUMA HEALING
RELEASING

| | |
|---|---|
| MOHS HARDNESS | 2.5–3.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Austria, China, Germany, New Zealand, Russia, Sweden |
| CHAKRA CORRESPONDENCE | Heart, Crown |
| PARTNERS WELL WITH | Aquamarine, girasol, kunzite, iolite, lapis lazuli, morganite, rhodochrosite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## LEPIDOCROCITE'S JOURNEY TO YOU

Lepidocrocite often grows with quartz amethyst and goethite, and it is part of the Super Seven configuration of master healing minerals. It's a relatively new mineral to the crystal world, so legends of its powers are still developing. Lepidocrocite is an enhancing stone; it contains a world within of sparkling red slivers of light that dazzle the eye and spark the imagination. The name "lepidocrocite" comes from the Greek words "*lepid,*" or "scale," and "*kroke,*" or "thread"—a quite literal description of the inclusions within. The red inclusions inside lepidocrocite are hematite, which brings balance and grounding—but in micronized form, which is much easier for the subtle body to integrate than larger pieces. For empaths who seek protection and clearing, lepidocrocite is a better choice than hematite, which can overwhelm the empath's delicate system.

## CRYSTAL HEALING WITH LEPIDOCROCITE

### Where to use or place on body for healing

Lepidocrocite is a Heart and Crown chakra stone that is said to heal the heart and lungs because it purifies and detoxifies the physical and auric bodies of external toxins while raising internal frequencies. This simultaneous release-and-receive movement of energy facilitates transmutation. All this happens spontaneously and as needed when working with lepidocrocite; for that reason, it is known as a powerful talisman for anyone with post-traumatic stress disorder.

### For the beginner

- Acts as a barrier against negative energy in the auric field.
- Eases stress and relieves any energetic heaviness.
- Promotes healing for the inner child and will prevent nightmares.
- Affirms to your central nervous system that if you experienced trauma in the past, it is indeed in the past and can be released now in service of your healing.

### For the advanced practitioner

Lepidocrocite can unravel karmic tension and gently heal you from traumatic experiences. Lepidocrocite is also a powerful Crown Chakra stone, drawing you into the mystery, wisdom, peace, and love of the higher realms. This chakra is a bridge between the physical world and Spirit. With the Crown Chakra opened, you'll feel connected to Source with a deep sense of faith and unconditional love—for you are a divine being, accepted just as you are. It is a lapidary reminder that it is safe for you to let go of the past and you no longer need to hold on to traumatic experiences. They can be transmuted and composted, given back to the earth so you become lighter and freer.

### LEPIDOCROCITE'S MAGICAL MESSAGE FOR YOU

"Your soul chose this life for growth and expansion, even when it is at its most challenging. Allow me to connect your heart to the Divine for true spiritual healing. You are ready to step into your soul purpose."

**Did you know?**
Lepidocrocite is said to calm hyperactivity and ADHD symptoms in both adults and children.

# LEPIDOLITE

CALM
SERENITY
SUPPORT

| | |
|---|---|
| MOHS HARDNESS | 2.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Afghanistan, Australia, Brazil, Canada, Japan, Madagascar, New Zealand, Pakistan, Russia, Sweden |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Amblygonite, amethyst, angelite, blue kyanite, elestial calcite, kunzite, rose quartz, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## LEPIDOLITE'S JOURNEY TO YOU

Lepidolite is a natural, micanized form of lithium that grows with tourmaline and kunzite. It was first discovered by Robert Bunsen and Gustav Kirchhoff in 1861. They initially called it lilalite because of its lavender color, but it was later renamed lepidolite, which stems from the Greek *"lepis,"* meaning "scale," due to the scaly appearance caused by its flakes of lithium. It lightens the mood, regulates your emotions, and has a calming effect. Our ancestors were known to rub this stone directly on their bodies, allowing the lithium to absorb into their skin. A much rarer variety of this stone, golden lepidolite, forms in pockets that are less magnesium rich, creating the beautiful, golden glow for which it is named.

## CRYSTAL HEALING WITH LEPIDOLITE

### Where to use or place on body for healing

Lepidolite is a powerful Crown Chakra stone that helps you to see and respond to life from a higher perspective, bringing greater awareness to situations that are pivotal to your evolution and expansion. It's a stone of serenity that gently nudges you into harmonious action when placed on this energy point, helping you perceive problems as opportunities for growth. Because it is a natural form of lithium, you can rub it between your hands or onto your skin to absorb this mineral, bringing calm and reduced anxiety. Gridded on or around the body, lepidolite also relaxes the central nervous column, allowing a flood of soft, flowing energies to move through all the chakra points. Golden lepidolite activates the Solar Plexus Chakra, helping you to feel at ease and safe standing in your personal power. Hold lepidolite of both kinds any time you need a moment of peace and calm.

### For the beginner

- Forms an energetic barrier against negativity and dissipates it, making it one of the best crystals for relieving stress.
- Aids your physical and emotional well-being, providing peaceful sleep, dream recall, rest, relaxation, and recovery from illness.
- Brings balance and calm when facing the inevitable stress of life.

### For the advanced practitioner

Lepidolite is a stone of perfect peace. It dispels anxiety and helps to relieve the symptoms of post-traumatic stress disorder. Those with severe depression and anxiety are advised to work with this stone on a daily basis and keep pieces of it near the bedside if nighttime anxiety is a challenge. Lepidolite calms and soothes the central nervous system and can support a deepening of your meditation practice.

### LEPIDOLITE'S MAGICAL MESSAGE FOR YOU

"When times are turbulent and you need to feel supported, hold me close, and I will bring the calm your heart desires. Treat yourself with compassion, understanding, and gentleness during moments of stress or grief."

**Did you know?**
Taking a relaxing lepidolite bath by placing the stone in the water with you and lighting some candles is one of the best ways to receive its calming energy.

# LIBYAN GOLD TEKTITE

COSMIC AWARENESS
PERSONAL POWER
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Egypt |
| CHAKRA CORRESPONDENCE | Solar Plexus, Soul Star |
| PARTNERS WELL WITH | Aegirine, agni manitite, astrophyllite, colombianite, moldavite, serpentine |
| ASTROLOGICAL CORRESPONDENCE | Aries, Cancer |

## LIBYAN GOLD TEKTITE'S JOURNEY TO YOU

Thirty million years ago, a large meteor struck Earth in the Sahara Desert of eastern Egypt, melting the golden Saharan sand crystals into a material known today as Libyan gold tektite. King Tutankhamen, an Egyptian pharaoh of the eighteenth dynasty, had it fashioned into amulets during his reign. A scarab on his breastplate, located in 1922, was determined to be Libyan gold tektite in 1998 by Italian mineralogist Vincenzo De Michele.

## CRYSTAL HEALING WITH LIBYAN GOLD TEKTITE

### Where to use or place on body for healing

Libyan gold tektite activates the Soul Star and Solar Plexus chakras, helping you tune in to interdimensional and cosmic awareness. Placed on the solar plexus, it enhances your strength of will and powers of manifestation and enables you to realize your full divine potential. Positioned above the head during meditation, at the point of the Soul Star, Libyan gold tektite becomes a key to the Akashic records, granting you access to the wisdom held within.

### For the beginner

- Helps shy people come out of their shells and overcome their anxiety in social situations.
- Stimulates feelings of happiness and curiosity, making it an excellent stone for those who take life too seriously.
- Opens you up to receiving wisdom from other realms and will lead you on an incredible journey to unlock the secrets of worlds outside our own.

### For the advanced practitioner

Libyan gold tektite is literally an otherworldly gem of ascension and facilitates astral travel to outer realms and higher dimensions. Libyan gold tektite is also useful when working with healing clients to stop any crossover of energies so that neither of you is influenced by what is going on in the other's auric field.

### LIBYAN GOLD TEKTITE'S MAGICAL MESSAGE FOR YOU

"You have the power to transform your life. I have been in the hands of kings and pharaohs. Let me share their secrets of power with you."

**Did you know?**
Libyan gold tektite is said to be connected with the energies of the Sirius star system.

# MAGNESITE

ALIGNMENT
COMFORT
HEART HEALING

| | |
|---|---|
| MOHS HARDNESS | 3.5–4.5 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Austria, Brazil, Greece, Italy, Poland |
| CHAKRA CORRESPONDENCE | Heart, Third Eye, Crown |
| PARTNERS WELL WITH | Arfvedsonite, dumortierite, garnet, howlite, labradorite, sapphire, shattuckite |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## MAGNESITE'S JOURNEY TO YOU

Often mistaken for howlite, magnesite is a form of magnesium carbonate, while howlite is a silico-calcite, making them very different in both chemical composition and metaphysical properties. Magnesite was given its name due to its mineral makeup and its discovery site—Magnesia, Greece, in 1785. Although generally white in color, depending on other minerals present in the stone, it can also come in shades of gray, brown, yellow, and even pink. It's a stone that opens your inner vision and encourages you to listen to your heart.

## CRYSTAL HEALING WITH MAGNESITE

### Where to use or place on body for healing

Magnesite has a soothing, loving energy. When placed on both the Third Eye and Heart chakras, it stills the mind so that you can hear what your heart is saying. On the Third Eye and Crown chakras, magnesite encourages you to be honest with yourself through positive and healthy levels of introspection, doing away with pretense so that you can live more authentically. On the Third Eye Chakra, it also stimulates the development of psychic abilities. When added to manifestation grids, magnesite strengthens the power of your intentions and facilitates the materialization of your dreams.

### For the beginner

- Allows you to live your life in line with your heart's needs and soul's deepest desires by getting you into a state of flow.
- Allows you to heal and relax so that you stop trying to manage and control all aspects of life. In doing this, you discover the space where the magic happens, whether you call it Zen, flow, universal energy, or the creative void.

### For the advanced practitioner

Magnesite is a humble example of powerful energy; it serves as a reminder that power has nothing to do with outward appearance. Magnesite is a potent stone for those who seek the nuances hidden below the surface of any situation. It helps you to understand the language of your heart, not in words, but in sensations and emotions. By connecting you with your true feelings, it also helps you to recognize red flags in relationships. It reduces feelings of codependency and allows you to remain an individual while still in a romantic partnership.

### MAGNESITE'S MAGICAL MESSAGE FOR YOU

"I am here to help you open your mind to the highest truth of your heart. Understanding the language of your heart can create amazing change in your life."

**Did you know?**
Due to its high magnesium content, magnesite is said to help with muscle spasms and tension when applied topically.

# MAGNETITE

GROUNDING
HARMONY
MANIFESTATION

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Australia, Canada, Chile, France, Italy, New Zealand, Norway, Portugal, United Kingdom, United States (Alaska, New York, Rhode Island, Wisconsin) |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Aegirine, black tourmaline, jet, obsidian, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Aries, Virgo, Capricorn, Aquarius |

## MAGNETITE'S JOURNEY TO YOU

Magnetite was originally referred to as lodestone as early as 1548. It's a heavy, dense material and is the most magnetic commonly occurring mineral on Earth; it's often used in healing jewelry to take full advantage of this property. Magnetite is a powerful stone of manifestation, attracting the people, situations, and energy streams you wish for into your life.

## CRYSTAL HEALING WITH MAGNETITE

### Where to use or place on body for healing

Magnetite is best used in pairs during crystal healing sessions to bring balance and harmony to your energy centers. One in each hand will bring alignment to your projective and receptive abilities, allowing you to send healing to others while simultaneously receiving it for yourself. Placing one on the Crown Chakra with another at the Root Chakra will bring complete calibration to your entire central energetic meridian. You can also carry it in your purse, at your business, or wherever you feel called to encourage the flow of bountiful energy as you need it.

### For the beginner

- Draws energy toward itself thanks to its natural magnetism, attracting and capturing positivity.
- Brings whatever you seek in your life and is excellent at summoning abundance and prosperity.
- Allows energy to flow freely.

### For the advanced practitioner

Magnetite has a firm grounding influence that counteracts any disorientation that may occur after deep meditation, healing sessions, or journey work. It allows excess energy to flow back into the earth to be transmuted and sent to where it is needed, preventing energetic burnout or overwhelm. Magnetite also prevents the tendency to experience weight gain as a physical form of spiritual protection.

### MAGNETITE'S MAGICAL MESSAGE FOR YOU

"Work with me to attract all that you desire and become a magnet for all the good things in life. All you seek can be yours when you are aligned and harmonized."

### Did you know?

Tiny nano-inclusions of magnetite cause the iridescent color sheen of rainbow obsidian.

# MALACHITE

DIVINE FEMININE
FERTILITY
LOVE

| | |
|---|---|
| MOHS HARDNESS | 3.5–4 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, Bolivia, Canada, Congo, Mexico, Namibia, Russia, United States (Arizona, Michigan, New Mexico, North Carolina) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Azurite, chrysocolla, chrysoprase, lapis lazuli, shattuckite, tiger's-eye, turquoise |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Capricorn |

## MALACHITE'S JOURNEY TO YOU

The hallmark of malachite lies in its unique markings—a marbled swirl of concentric rings and round eyes caused by copper ore. Some see shifting desert winds and landscapes when they gaze upon the deep green magic of malachite. At the same time, others see the planets of the solar system aloft in their cosmic dance, moving in synchronous rhythms. Still others link malachite to the peacock of ancient Greek mythology and Hera, the wife of Zeus, each circle representing one of the eyes of Argus, protecting her from afar. The well-known King Solomon mines along the Red Sea yielded copper and this powerful healing ore, and its uses in ancient times were varied. Malachite's name comes from the Greek "*malakos,*" or "soft," a name derived from its reputation as an ideal carving material. Many Egyptian tomb paintings have malachite powder ground into the paint. Still, perhaps the most famous Egyptian use of malachite was more superficial in nature—Cleopatra's famous thick green line of malachite eyeliner was thought to ensure her health, longevity, and safety. The use of powdered malachite is discouraged today, as it has toxic properties if inhaled or ingested.

## CRYSTAL HEALING WITH MALACHITE

### Where to use or place on body for healing

Malachite is the most powerful stone for feminine healing. It's a Heart Chakra powerhouse that aids the feminine reproductive system and lends support during the phases of conception, gestation, and childbirth. Known as the Doula Stone, its ancient medicine works magic not just for childbirth but for any feminine problems involving the reproductive system. It is reputed to be especially effective at relieving menstrual cramps when placed over the Sacral Chakra or at the base of the spine. It's one of the only gemstones known to modern metaphysical practitioners to hold powers specific to this.

### For the beginner

- Enhances diplomatic powers, helping you communicate your truth with grace and resolve, bringing easy resolution to any conflicts.
- Absorbs pollutants from the atmosphere, the aura, and the physical body.
- Provides electromagnetic field protection and creates an energetic barrier around you to keep lower-vibrational frequencies away.
- Brings resolution to pain from the past and reopens your heart center to all kinds of love.

### For the advanced practitioner

Malachite brings emotional balance to the heart space and ensures that you don't take on any emotional burdens that your healing clients may carry. It gives you the confidence to step up and take on leadership responsibilities, activating your inner sovereignty. Malachite reminds you that you are a cocreator of your reality with the universe and that you can manifest your own fate and bring your dreams into reality. It cuts through any confusion when you are faced with a difficult choice, showing you the path leading to your highest good.

### MALACHITE'S MAGICAL MESSAGE FOR YOU

"Embrace your inner Divine Feminine and open your heart to all forms of love with me as your nurturing ally. Feel the wisdom of the universe flow through your heart space to bring inspiration, grace, freedom, and joy."

**Did you know?**
Malachite has been mined in the area around Mount Sinai since as early as 4000 B.C.E.

# MANGANESE

BALANCING
GROUNDING
UPLIFTING

| | |
|---|---|
| MOHS HARDNESS | 6.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Chile, Greece, Kazakhstan, Kiribati, New Zealand, Russia, United Kingdom, United States (Montana, Nevada) |
| CHAKRA CORRESPONDENCE | Root, Crown |
| PARTNERS WELL WITH | Albite, barite, howlite, mangano calcite, olivine, rhodochrosite, rhodonite, rutilated quartz, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Libra |

MANGANESE'S JOURNEY TO YOU

Manganese is a healing mineral that's usually found in the delicate fernlike tendrils of dendritic stones, spreading out like magical tree branches; however, it can also be found in natural masses on its own. It's been used as paint pigment in art dating back over 17,000 years. It has also been identified in the iron ore of Spartan weaponry; it's thought to have been included to give additional hardness to the blades without making them brittle, lending these weapons their legendary strength.

CRYSTAL HEALING WITH MANGANESE

### Where to use or place on body for healing

Activating the Root and Crown chakras, manganese is both grounding and uplifting. Placed on these energy centers, it is balancing and strengthening, bringing healing and grounded connection with the Divine, other people, and your own inner drive. Set on the Crown Chakra, manganese also facilitates communication with the angelic realms, helping you understand any messages you receive from your guides and guardians in meditation.

### For the beginner

- Enhances bonds between people, cementing relationships and encouraging collaboration in group projects.
- Helps to strengthen your resolve to bring your personal projects to completion.
- Brings a strong dose of earth energy and is particularly supportive of those with delicate and sensitive emotional systems.
- Enhances feelings of positivity, creativity, and spontaneity.

### For the advanced practitioner

Manganese helps to explain your past lives in order for you to gain the understanding that will resolve issues affecting you in the present. Doing this encourages you to restructure any parts of your life that are not serving your highest good. Manganese brings perspective to emotionally charged situations, encouraging determination and optimism. It can also be gridded on healing clients to help relieve headaches, stiff muscles, and lethargy. Stones with high manganese content assist in the healing and regeneration process of everything from cuts and scrapes to bruises.

MANGANESE'S MAGICAL MESSAGE FOR YOU

"If you've been feeling like you need to make lasting changes to your lifestyle, work with me for the determination to see them through."

**Did you know?**
Ancient Egyptians and Romans used manganese as a compound in glass making.

# MARCASITE

GROUNDING
OPTIMISM
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Myanmar |
| CHAKRA CORRESPONDENCE | Earth Star, Root, Sacral, Solar plexus |
| PARTNERS WELL WITH | Cuprite, garnet, halite, hematite, onyx, pearl, pyrite, spinel |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## MARCASITE'S JOURNEY TO YOU

Marcasite is a polymorph of pyrite, which means that they have the same chemical makeup but different structures. Marcasite is lighter and more easily fractured than pyrite, forming at lower temperatures and in more acidic environments. It has been utilized in jewelry by the ancient Greeks, Thracians, and Egyptians. The Incan culture of South America also used marcasite in jewelry and ritual items dedicated to the worship of the sun.

## CRYSTAL HEALING WITH MARCASITE

### Where to use or place on body for healing

Marcasite helps to link your Root, Sacral, and Solar Plexus chakras with your Earth Star Chakra, bringing a deep sense of nurturing, grounding, and support from the earth itself. This stone brings a rejuvenation of your life-force energy and enhances feelings of optimism, creativity, sexuality, determination, and inner strength. It clears the auric field of any negativity and can be used in healing sessions to cut or narrow energetic cords between people or situations.

### For the beginner

- Draws energy up from the earth to bring deep healing and regeneration to both the physical and spiritual bodies.
- Renews your sense of vitality to help you tap into your full potential and spark you into action when you have been feeling unmotivated or uninspired.
- Encourages patience and the will to keep going even when engaged in monotonous tasks.

### For the advanced practitioner

Marcasite helps you see the archetypal patterns and figures at play in your life. Archetypes are said to be a part of the collective consciousness and are universal across the human experience regardless of cultural or language differences. These include the masculine and feminine, the hero and the victim, the caregiver and the sage, and many more. Working with marcasite to gain insight into these patterns can give you more insight into your choices, directing you toward your highest potential. Marcasite can also illuminate how your physical and spiritual bodies are interlinked reflections of each other, each influencing the health and well-being of the other.

### MARCASITE'S MAGICAL MESSAGE FOR YOU

**"Feel the support of the earth beneath your feet, and allow yourself to be nourished by its energy. Allow me to channel the earth's sustenance to bring you rejuvenation."**

**Did you know?**
**It has been said that marcasite was worn in jewelry by Cleopatra herself.**

# MOLDAVITE

ASCENSION
SPIRITUAL EVOLUTION
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 5.5–6 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Austria, Czech Republic, Germany, Poland |
| CHAKRA CORRESPONDENCE | Heart, Soul Star |
| PARTNERS WELL WITH | Aquamarine, celestite, clear quartz, diamond, golden labradorite, Herkimer diamond, lapis lazuli, Libyan gold tektite, opal |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Aquarius |

## MOLDAVITE'S JOURNEY TO YOU

Moldavite is not a crystal but a crystallized molten glass formed by the collision between a meteor and Earth more than 15 million years ago. The first pieces were found in the Moldau River Valley in the Czech Republic, which is how moldavite got its name. Some metaphysical practitioners prefer not to work with moldavite because they believe it carries residual extraterrestrial frequencies that cannot be cleared or transmuted. For most, that residual energy is precisely the draw of moldavite; it represents the vast unknown, holding wisdom and answers to questions we have been asking for thousands of years.

## CRYSTAL HEALING WITH MOLDAVITE

### Where to use or place on body for healing

Moldavite is a Soul Star Chakra ally with an uncanny ability to suddenly open the Heart Chakra, bringing healing to it and any other area of the body. It opens and expands all upper chakras, including the transpersonal ones, above the physical body. Moldavite aligns you with the frequency of the universe and expands consciousness. Wear moldavite set in a ring or necklace to fast-track your soul's development and evolution.

### For the beginner

Not considered to be a beginner's stone. If you feel called to work with it, be ready for your world to open up and expand in life-changing ways.

### For the advanced practitioner

Moldavite is referred to as the most potent material ever discovered for harmonic activation of the entire human energy field. It's the accelerator of the Synergy Twelve; it expedites the flow of energy and ideas, helping manifest thought into form. Moldavite also fast tracks personal human development, and people sometimes say they have a hard time keeping up with it. Moldavite will push you until you may want to wave the white flag of surrender. It will teach you what your borders and boundaries are and how far you really can go before you reach your most profound capacity for love. As a Heart Chakra material, it also supports the soul's development in love, often speeding up the arrival of a soul mate into the bearer's life. One should be conscious of divine timing and surrender personal will if using moldavite to attract soul mate love. Moldavite represents interdimensional alchemy, the striking of a match, and the flame of connection between two heavenly bodies.

### MOLDAVITE'S MAGICAL MESSAGE FOR YOU

"Are you ready to completely transform your life? Think beyond the mundane, and open yourself to otherworldly wisdom and spiritual transformation. Allow me to invoke your highest destiny and create the radical changes needed in your life to ascend the path of cosmic evolution."

### Did you know?

The largest intact piece of moldavite ever found weighs 238 grams and is held in the Moldavite Museum in Cesky Krumlov.

# BLACK MOONSTONE

POSSIBILITY
GROUNDING
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Madagascar |
| CHAKRA CORRESPONDENCE | Root, Crown |
| PARTNERS WELL WITH | Amethyst, black jade, labradorite, moldavite, selenite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Libra, Scorpio |

## BLACK MOONSTONE'S JOURNEY TO YOU

Black moonstone is a variety of moonstone that was recently discovered in Madagascar. Like all forms of moonstone, this gem is closely linked with Mother Luna and her Divine Feminine wisdom; it holds the same properties as white or rainbow moonstone, but its darker hue and deeper vibration add properties of grounding and protection. The ancient Romans believed that moonstone was formed when moonbeams fell to Earth and solidified, resulting in this beautifully reflective gem. What sets black moonstone apart is its black exterior, silvery-green sheen, opalescent luster, and veins of peach, gray, brown, white, yellow, and/or orange. Sometimes mistaken for labradorite or larvikite, black moonstone is a crystal all its own, radiating energies of grounding, protection, creativity, and potential. It's associated with the dark moon, or new moon, carrying this lunar phase's air of unlimited possibility.

## CRYSTAL HEALING WITH BLACK MOONSTONE

### Where to use or place on body for healing

Black moonstone is an ideal companion when working with the new moon, when the sky is dark and anything is possible. Keep this stone close as you set new-moon intentions, allowing it to bring clarity and support to your innermost visions. Black moonstone is also a wonderful gem to place in your home, car, or anywhere you wish to channel gentle grounding and protection. Hold black moonstone to any part of your body in need of soothing and relief. This crystal also makes a wonderful gift for soon-to-be parents, artists, or anyone in the process of birthing something new.

### For the beginner

- Helps you clearly visualize what you wish to bring to fruition.
- Enhances mental power, relieves stress, boosts fertility, and uplifts the spirit.
- Heals the emotional body, strengthens your sense of self-worth, and helps you connect with and trust your instincts in all that you do.
- Aids coming back into your body after spiritual work. It grounds you into the physical plane while keeping a channel open between you and the higher realms.

### For the advanced practitioner

Black moonstone strengthens your connection to the higher realms and deepens psychic gifts. Working with black moonstone is a powerful way to discover and develop your clair-abilities, such as clairvoyance, clairaudience, and clairsentience. This gem propels astral travel and helps you channel messages from higher beings. After working with black moonstone, you may notice more "coincidences" and synchronicities in your life, leading you to feel more connected to something beyond our world of time and space. Black moonstone also aids manifestation and provides clarity, guidance, and gentle protection as you work to bring your innermost dreams to life.

### BLACK MOONSTONE'S MAGICAL MESSAGE FOR YOU

"Find beauty in the darkness; see it not as a void but as a blank slate. Right now, anything is possible. Embrace your innermost visions and know that they are yours to manifest."

### Did you know?

Black moonstone is not actually black in color. Under the light, you will see this stone display a stunning silvery-green sheen.

MOONSTONE

# PEACH MOONSTONE

CREATIVITY
EMOTIONAL HEALING
INSPIRATION

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, India, Madagascar, Myanmar, Sri Lanka, United States |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Amethyst, pink aventurine, rhodochrosite, rhodonite, sapphire, stilbite, sunstone, unakite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Virgo, Sagittarius, Capricorn |

## PEACH MOONSTONE'S JOURNEY TO YOU

Peach moonstone is a part of the feldspar family and displays the same adularescence as other moonstone varieties, with hematite inclusions resulting in its pink to orange inner glow and metallic sheen. Peach moonstone harnesses the creative powers of the moon phases. It is thought to represent the waxing gibbous moon phase, which is most often aligned with manifestation. Peach moonstone is the emotional healer of the moonstone family, helping you see beneath the surface of your challenges, feel your feelings, and go with the flow.

## CRYSTAL HEALING WITH PEACH MOONSTONE

### Where to use or place on body for healing

Peach moonstone is a powerful Sacral Chakra gem that boosts creativity and brings artistic inspiration. Placing it on this energy center allows you to dream about the many ways you express your creativity as well as the creative outlets you have not yet explored. Peach moonstone sparks your passion for innovation and can be gridded throughout your workspace to awaken and receive the wisdom of the Sacral Chakra for inspiration.

### For the beginner

- Supports you as you let go of what weighs you down and no longer serves you, encouraging you to learn from and forgive your past mistakes and permit the Universe to fill you with all the things you desire now.
- Builds excitement about what lies ahead in life and supports you as you tap into your true creative potential.

### For the advanced practitioner

Peach moonstone helps you to see transformation and the different stages of life as positive experiences, releasing the anxiety that is sometimes associated with change. In times of apathy or depression, it helps to reignite your passion and reconnect you with the beauty of your authentic inner self. Peach moonstone encourages you to break stagnant patterns by trying something new or treating yourself with some indulgence and self-care. It shows you that by loving yourself, you can love others more fully, too.

### PEACH MOONSTONE'S MAGICAL MESSAGE FOR YOU

"There are no failures in life if you learn from everything you do. May you always know the depths of your own beauty, your own passion, and your own creativity."

### Did you know?

In Hinduism, peach moonstone is considered a stone of happiness and is given as a gift to celebrate life's milestones and new beginnings.

# RAINBOW MOONSTONE

CELEBRATION
GRATITUDE
EXPANSION

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | Soul Star |
| PARTNERS WELL WITH | Amethyst, labradorite, Lemurian quartz, moldavite, petalite, selenite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Libra, Scorpio |

## RAINBOW MOONSTONE'S JOURNEY TO YOU

Rainbow moonstone is sometimes referred to as white labradorite. Though it isn't a "true" moonstone, this crystal is a feldspar mineral, known for its beautiful shimmer or "labradorescence." Like other moonstones, rainbow moonstone is associated with Mother Luna. The Sioux tribe connected this gem with Hanwi, goddess of the moon. While black moonstone corresponds with the new moon, rainbow moonstone embodies the full moon phase—a time of celebration, gratitude, expansion, and completion. It opens the Soul Star Chakra, deepening your connection to the stars and other dimensions. Some refer to rainbow moonstone as the "prism stone" because it contains the entire rainbow within it and holds the energy of all seven rays of prismatic light. This gem brings joy, clears the emotional body, purifies and transmutes negative energy, and provides light during dark or challenging times. The flash and fire within rainbow moonstone represents the phoenix and its spirit of rebirth and regeneration.

## CRYSTAL HEALING WITH RAINBOW MOONSTONE

### Where to use or place on body for healing

Rainbow moonstone makes a wonderful companion when working with the energy of the full moon phase. Hold it as you meditate under the full moon, or incorporate it into healing work during your lunar rituals. Place rainbow moonstone anywhere in your home to invite high vibrations of happiness, gratitude, emotional healing, and light. Rainbow moonstone is also a wonderful tool for cleansing and brightening the aura. Hover it around your body to stimulate the positive flow of life-force energy, lift your personal frequency, and deflect negativity.

### For the beginner

- Harmonizes feminine energy and empowers you to connect with the Divine Feminine within yourself. This gem uplifts the spirit and brings an influx of light, positivity, joy, and emotional well-being.
- Guides you through the darkness and helps you rise above any challenge, leading you to see life from a higher perspective and feel gratitude.
- Deepens intuition, boosts fertility, strengthens creative power, and attracts abundance of all kinds. Its soft, gentle vibration clears emotional blockages and soothes the emotional body.

### For the advanced practitioner

Rainbow moonstone is a life-changing gem of rebirth and transformation. This stone encourages you to work with the phases of the moon to honor your own cycles of expansion and release. It unlocks psychic gifts, facilitates lucid dreaming, and helps you channel messages from outside our world of time and space. Rainbow moonstone also grants access to the celestial realms, surrounding you in the light of your angels and spirit guides. It leads you to release any negative attachments you may be holding on to, helping you focus on yourself and your path alone. It promotes inner peace and embodies goddess energies.

### RAINBOW MOONSTONE'S MAGICAL MESSAGE FOR YOU

"You are a rainbow, an arc of prismatic light. You bring joy to anyone who comes your way."

### Did you know?

In ancient Greece, moonstone was referred to as "aphroselene"—a combination of the names of Aphrodite, the goddess of love, and the moon goddess Selene.

# NUUMMITE

LOVE
PEACE
UNDERSTANDING

| | |
|---|---|
| MOHS HARDNESS | 5.5–6 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Greenland |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Amethyst, black moonstone, heulandite, labradorite, moldavite, natrolite, seraphinite, solecite, shungite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

## NUUMMITE'S JOURNEY TO YOU

Nuummite is one of the oldest stones on the planet, having formed in the Archean period over 3 billion years ago, and holds the entire history of time within it. It is composed of two kinds of amphibole: anthophyllite and gedrite, which create an iridescent flash when light hits the places where these two minerals intersect. Nuummite is only found in one region of Greenland, a remote, icy place where almost nothing grows—yet under layers of time and history, you will find this black stone. It can only be mined for two months of the summer when the temperatures are warm enough to melt the ice it is usually buried beneath.

## CRYSTAL HEALING WITH NUUMMITE

### Where to use or place on body for healing

Nuummite opens and activates the Earth Star and Root chakras, encouraging you to ground yourself into the earth, connecting you to the ancient wisdom held within nature. Held in meditation, it facilitates shamanic journeying deep into the past, right back to the time of the creation of life itself, which, in turn, helps you access your own past lives. Through this process, nuummite reconnects you with your inner power, allowing you to shed any of the self-doubts that hinder you from recognizing yourself as the truly magical being that you are.

### For the beginner

- Aids exploration of your soul's dark, shadowy spaces to attain self-mastery.
- Offers healing, protection, and connection with the elders.
- Facilitates altered states of consciousness to enhance your intuition and connect you with the energies of the elements.
- Increases the incidents of synchronicity in your life, aiding in manifestation and forming positive connections with mentors and healers.

### For the advanced practitioner

Working with nuummite will raise what's buried deep within your psyche to the surface of your conscious being, uncovering your most profound inner wisdom and magic. It teaches you the lessons you need to integrate in order to become a healed and whole being, helping you release any deeply buried guilt, fear, or trauma. Nuummite supports you in showing love to the aspects of yourself that are shadowy or that you have rejected over time, recognizing them as strengths rather than weaknesses.

### NUUMMITE'S MAGICAL MESSAGE FOR YOU

**"Embrace magic and mysticism as you explore the deepest reaches of time as well as the shadowy recesses of your inner psyche. Allow ancient wisdom to guide you as you reconnect with your full and immense power."**

### Did you know?

The region of Nuuk in southern Greenland, where nuummite is found, has an arctic climate and is often covered in snow and ice, which makes mines inaccessible for at least half the year.

# BLACK OBSIDIAN

GROUNDING
PROTECTION
SHADOW WORK

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Australia, Greece, Iceland, Italy, Japan, Kenya, New Zealand, Papua New Guinea, Peru, Scotland, Turkey, United States (Arizona, Hawaii) |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Alexandrite, amber, black tourmaline, jet, moldavite, natrolite, phenakite, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Capricorn |

## BLACK OBSIDIAN'S JOURNEY TO YOU

Black obsidian forms when molten lava cools rapidly, such as when magma erupts into the ocean's cold waters. It is an excellent stone for knapping (a method of stone shaping using a harder, rounded rock to strike off small fragments), as it easily fractures in a sharp conchoidal pattern. It has been knapped into arrowheads, blades, and other tools since the Paleolithic period. Black obsidian is deeply grounding, protective, and clearing but needs to be cleansed regularly. Its amorphous, irregular structure tends to hold on to any energies it gathers.

## CRYSTAL HEALING WITH BLACK OBSIDIAN

### Where to use or place on body for healing

Black obsidian is a powerfully protective stone, and simply holding it in your hands creates a shield of energy that deflects negativity and repels any form of psychic attack. Placed on the Root Chakra, it brings gentle grounding and comfort, especially during times of grief and letting go. Placed on both the Root and Earth Star chakra points, it creates an even deeper grounding that connects you to the energies of the earth itself. Black obsidian palm stones are the perfect size and shape to pass through your auric field, held two to three inches away from your body, to heal any energetic leaks or tears and remove psychic debris.

### For the beginner

- Helps free you from habitual negative thinking and guide you to address the underlying causes of these patterns to bring more hope into your life.
- Helps uncover the more subtle, subconscious thought patterns that restrict your spiritual evolution.
- Helps empaths who are sensitive to other people's energies as it creates a buffer zone around the auric field that deflects any energetic or emotional projections, cords, or hooks before they reach you.

### For the advanced practitioner

Black obsidian is a fantastic scrying tool that enhances spirit communication. Gazing into this stone may bring visions of passed loved ones appearing across its surface or allow their messages to come to you as inner thoughts or feelings. It can also be used in this way to access esoteric information from your spirit guides and the ascended masters. Black obsidian is a helpful ally in shadow work, helping you accept and integrate the darker or more taboo aspects of your psyche so that they become valuable strengths that aid your spiritual evolution. It helps you take responsibility for your own healing and development.

### BLACK OBSIDIAN'S MAGICAL MESSAGE FOR YOU

"When you work with me, there is no need to fear the negativity of others as I will wrap you in a protective shield and heal any wounds in your aura."

### Did you know?

In ancient times, Native Americans used obsidian needles to punch holes in leather so it could be laced together as clothing and footwear.

OBSIDIAN

# GOLDEN SHEEN OBSIDIAN

PURIFICATION
SHADOW INTEGRATION
VISIONING

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Mexico |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Black obsidian, labradorite, moldavite, rainbow obsidian, rutilated quartz, silver sheen obsidian |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

GOLDEN SHEEN OBSIDIAN'S JOURNEY TO YOU

Golden sheen obsidian is a rarer form of black obsidian. While silver sheen obsidian is a lunar stone, golden sheen obsidian embodies solar energy. Because this gem has served as an aid in magical practice since ancient times, it's commonly referred to as the Wizard Stone. Legend has it that the ancient Maya worked with golden sheen obsidian to channel wisdom from other realms. They believed that gazing into this stone would bring their subconscious thoughts to the surface and cleanse them of all negative attachments. Today, this crystal is still known as a powerful auric cleanser and guide in shadow work. It transmutes low vibrations and activates the Root and Earth Star chakras for grounding, stability, and a deeper connection with Mother Earth and the ancestors.

CRYSTAL HEALING WITH GOLDEN SHEEN OBSIDIAN

### Where to use or place on body for healing

Golden sheen obsidian is a perfect gem to keep in the home as it maintains the frequency of your space grounded and protected. Hold a piece while traveling or wear it as crystal jewelry to clear your aura of negativity and keep your vibration pure, high, and light. It's useful when performing shadow work and provides support during times of release and transformation. Give golden sheen obsidian to loved ones undergoing periods of change or challenge—they will benefit greatly from this stone's purifying magic.

### For the beginner

- Empowers shadow integration and transmutation, helping you face the darker aspects of your soul with courage and compassion.
- Helps you move through judgment, fear, and uncertainty to step into your power.
- Purifies the aura of negative or stagnant vibrations. It transmutes low frequencies and encourages self-reflection, granting insight into the true nature of things. Golden sheen obsidian guides you in uncovering the root of any emotional challenges you're facing, helping you heal at deeper levels.
- Provides clarity on your higher purpose to those lacking direction.

### For the advanced practitioner

Golden sheen obsidian leads you on a journey inward, illuminating the darkest aspects of your soul so you may gain better self-awareness and heal on deep, long-lasting levels. Golden sheen obsidian also helps you acknowledge and release negative patterns that are keeping you from aligning with your highest good. This stone unites your energy with that of Source and encourages you to move past the ego and act in concert with the highest good of all.

GOLDEN SHEEN OBSIDIAN'S MAGICAL MESSAGE FOR YOU

"Do not fear your shadow—it is part of who you are. So much wisdom and power are to be found in the darkness. I am here to help you mine the gold of your inner darkness, to see the gifts in your struggles."

### Did you know?

This gem gets its golden sheen from the gas that is trapped in the magma once it cools.

# MAHOGANY OBSIDIAN

GROUNDING
PROTECTION
STRENGTH

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Afghanistan, Brazil, Japan, Mexico, New Zealand, United States (Arizona, California, Oregon) |
| CHAKRA CORRESPONDENCE | Earth Star, Root, Sacral |
| PARTNERS WELL WITH | Black tourmaline, carnelian, citrine, pyrite, sugilite, Tibetan quartz, zincite |
| ASTROLOGICAL CORRESPONDENCE | Libra, Sagittarius |

## MAHOGANY OBSIDIAN'S JOURNEY TO YOU

Mahogany obsidian is a variety of volcanic glass that shows undulating banding or mottled spots of black and deep blood red together. Inclusions of oxidized hematite and magnetite cause the red markings. Mahogany obsidian is named after the mahogany tree due to its coloring.

## CRYSTAL HEALING WITH MAHOGANY OBSIDIAN

### Where to use or place on body for healing

Mahogany obsidian, like black obsidian, activates the lower chakras and can be placed on the Earth Star or Root chakras to bring powerful grounding, cleansing, and healing, particularly relating to feelings of unworthiness or scarcity. On the Sacral Chakra, it brings relief to old wounds and shame relating to the expression or repression of your sexuality. It also heals tears in the auric field; heals your body, mind, and spirit; and can be placed in a room to clear your sacred space.

### For the beginner

- Creates a clear channel of energy for manifestation and gives you space to move and flow through life without obstruction.
- Reveals limitations you may have placed on yourself out of fear, allowing you to consciously choose to move past them and into a place of abundance.
- Supports you in times of mourning and in letting go of heartache from the past.

### For the advanced practitioner

Mahogany obsidian forms a shield of protective energy that absorbs negative frequencies and blocks psychic attacks. It's a stone for the warrior—for anyone undergoing challenges or doing serious spiritual work, such as releasing ancestral trauma and patterns of negativity. Mahogany obsidian will enable you to overcome life's obstacles with strength, courage, and ease, inspiring contemplation about your life path and excitement about all the possibilities that are open to you.

### MAHOGANY OBSIDIAN'S MAGICAL MESSAGE FOR YOU

"You are worthy of all life has to offer you. Work with me to reclaim your personal strength, unlock opportunities, and overcome the challenges life throws at you."

### Did you know?

Even in modern times, obsidian is used as material for scalpels in surgery, as it is sharper than steel and causes less tissue trauma while creating incisions. Mahogany obsidian is often used in carvings because its beautiful red-brown hues accentuate the lines and formations of tools and statues.

OBSIDIAN

# SILVER SHEEN OBSIDIAN

SERENITY
SELF-REFLECTION
INTUITION

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Mexico |
| CHAKRA CORRESPONDENCE | Root, Throat, Third Eye |
| PARTNERS WELL WITH | Black obsidian, golden sheen obsidian, labradorite, rainbow moonstone |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Sagittarius |

## SILVER SHEEN OBSIDIAN'S JOURNEY TO YOU

Silver sheen obsidian is a variety of black obsidian with radiant, silver-colored inclusions. This gem is a natural volcanic glass that forms when volcanic lava oozes to Earth's surface, comes into contact with water, and cools down quickly. While golden sheen obsidian embodies solar energy, silver sheen obsidian is a stone of the moon—infused with lunar energies of healing, mystery, emotional depth, and Divine Feminine wisdom. Like the moon, silver sheen obsidian represents intuition, self-reflection, and the exploration of all things unseen and unknown. It heals the Root, Throat, and Third Eye chakras for a fusion of grounding, truth, and psychic ability.

## CRYSTAL HEALING WITH SILVER SHEEN OBSIDIAN

### Where to use or place on body for healing

Silver sheen obsidian is a particularly powerful stone to keep close when working with the moon. Incorporate this stone into your lunar rituals, seeking its support as you set intentions under the new moon or perform releasing rituals under the full moon. Hold silver sheen obsidian to your Third Eye Chakra to propel subconscious exploration, awaken your psychic vision, and open up to messages from outside realms. A Throat Chakra gem, silver sheen obsidian is also a wonderful tool for enhancing communication. Hover it over your throat to clear energetic blockages that keep you from speaking your truth with clarity and conviction. Silver sheen obsidian corresponds with the Root Chakra, making it a source of grounding and stability. Keep it in your space to bring scattered energies to center and surround your home in gently protective vibrations.

### For the beginner

- Brings calm, deepens spiritual awareness, and boosts willpower.
- Helps you release fear and the need for control, guiding you to move forward from the past with acceptance.
- Provides a glimmer of hope to those dealing with conflict and darkness. This gem leads you to the light, providing gentle healing and spiritual wisdom.
- Deflects negativity and promotes mental clarity, helping you clear the "clutter" from your mind. In addition, silver sheen obsidian opens up channels between you, Earth, and the higher realms.

### For the advanced practitioner

Silver sheen obsidian is a stone of astral travel, inner journeying, and subconscious healing. This gem brings your innermost thoughts and feelings to the surface, helping you release any limiting beliefs you may be holding on to from this life or past lives. Silver sheen obsidian encourages union between the physical and astral bodies and also aids coming back into your body after spiritual travels. It can be used in scrying and other forms of divination to reveal wisdom about the past, present, and future. Last, silver sheen obsidian encourages deep self-reflection, helping you see your true self with openness and acceptance and thus gain clarity on your place on this earth.

### SILVER SHEEN OBSIDIAN'S MAGICAL MESSAGE FOR YOU

"Let the moon shine a light on the deepest parts of your soul. Watch your inner truth be illuminated, glowing for all to see. You are radiant, imbued with the brilliance of the stars."

### Did you know?

Silver sheen obsidian is said to balance the left and right sides of the brain.

# SNOWFLAKE OBSIDIAN

SHADOW INTEGRATION
PAST-LIFE RECALL
PURIFICATION

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Argentina, United States (Oregon, Utah) |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Black obsidian, black tourmaline, iolite, magnesite, petrified wood |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## SNOWFLAKE OBSIDIAN'S JOURNEY TO YOU

Snowflake obsidian is a variety of obsidian and a natural volcanic glass, formed when felsic lava from a volcano rapidly cools with little to no crystal growth. The snowflake crystal patterns in snowflake obsidian are actually radiating inclusions of cristobalite. This Earth Star and Root chakra stone is known as a gem of shadow integration and past-life recall. Since ancient times, healers have worked with snowflake obsidian to bring subconscious thoughts to the surface and shine a light on all that lies hidden and repressed. This crystal is also known to be deeply connected with the natural world, calling in the presence of animal allies to provide you with wisdom, guidance, and gentle protection on your path.

## CRYSTAL HEALING WITH SNOWFLAKE OBSIDIAN

### Where to use or place on body for healing

Snowflake obsidian is a potent stone to incorporate into shadow work or past-life regression. This gem is useful for revealing old, unhealthy patterns and opening you up to change in ways that serve your highest good. Keep this stone in your home or anywhere you wish to surround in stabilizing, safeguarding vibrations. Place it on any tense areas of the body in need of energetic detoxification and healing. Snowflake obsidian is also a wonderful gift, bringing its gently protective magic to anyone it comes across. This gem opens channels between you and the natural world, making it an ideal companion for hikes or outdoor meditations.

### For the beginner

- Helps heal both present and past-life issues. It opens up communication between you and the spiritual realm, helping you channel the guidance of your ancestors and spirit guides.
- Brings its cleansing power to the body, mind, and spirit. This stone imparts hope, courage, and feelings of wholeness. It's grounding and balancing, helping you embody a sense of safety and belonging.
- Provides guidance, support, and courage during times of transformation. It reveals unhealthy thought patterns and behaviors, helping you release them in favor of energies that serve your highest good.

### For the advanced practitioner

Snowflake obsidian strengthens psychic sensitivity and aids past-life recall. This gem leads you on a powerful journey inward, helping you bring all that you've repressed to the surface so that you may heal on deeper levels. Snowflake obsidian helps you integrate lessons from your past lives into the present day, giving you the wisdom you need to act in concert with your divine self. It boosts self-worth and helps you move through patterns of self-victimization to step into a state of greater power, confidence, and bravery. Snowflake obsidian also opens up communication between you and the spiritual realm. It attunes you to the messages of your spirit guides, including any lost loved ones who wish to come into contact with you.

## SNOWFLAKE OBSIDIAN'S MAGICAL MESSAGE FOR YOU

"Embrace your darkness, and let it come into the light. Remember that your shadow is one half of all that you are. Look to the darker parts of you with acceptance, and know that you are whole."

### Did you know?

In ancient times, obsidian was commonly traded for other goods. People living near large deposits of the stone would often utilize the gem as currency.

# ONYX

ENDURANCE
GROUNDING
HEALING

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Afghanistan, Argentina, Australia, Brazil, Canada, China, Czech Republic, France, Germany, India, Madagascar, Russia, United Kingdom, United States (Colorado, Montana, Utah) |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Carnelian, emerald, hematite, lapis lazuli, moonstone, selenite |
| ASTROLOGICAL CORRESPONDENCE | Leo, Capricorn |

## ONYX'S JOURNEY TO YOU

The breastplate of the high priest Aaron in the Bible featured onyx prominently, representing the eleventh tribal name, Shoham, and there were two pieces at his shoulders, each engraved with six of the tribes' names. Modern metaphysical practitioners still see onyx as a talisman of spiritual wisdom and strength. It is believed to make the bearer physically strong and invincible and to attract good luck and a robust harvest. Its lengthy lineage attests to the power of onyx to ward off negative energy and deflect the evil eye.

## CRYSTAL HEALING WITH ONYX

### Where to use or place on body for healing

Onyx is also a stone of physical strength, drawing energy up through the Earth Star and Root chakras to promote recovery from chronic illness or injuries and support building stamina through physical fitness regimes. It's a grounding stone that can be placed on these energy centers or held during meditation to bring you back down to earth when you are getting carried away with lofty ideas or unattainable goals. Onyx does this while also giving you the endurance and discipline to see more realistic projects through to their completion.

### For the beginner

- Helps empaths by absorbing and transmuting low vibrations within people or places and stabilizing your emotions.
- Brings self-discipline and focus, helping you realign your perceptions and actions to support strong decision-making and become a master of your thoughts, words, and actions.

### For the advanced practitioner

Onyx activates your seat of inner power and enhances strength, stability, willpower, and courage. It eases fear and tension, strengthens and calms the central nervous system, and purifies your thoughts and inner monologue. Onyx encourages you to think more positively, particularly in relation to beliefs about your own worth, breaking patterns of self-sabotage and self-harm.

### ONYX'S MAGICAL MESSAGE FOR YOU

**"Let my calming influence bring persistence, resilience, and a tranquil outlook. Allow me to help you put a stop to your negative self-talk. You are a high-value asset to this world."**

### Did you know?

The name "onyx" comes from the Greek word for "fingernail," as it was believed that it was created when Cupid clipped Aphrodite's fingernails in her sleep, and they were transformed into stone as they fell on the ground.

OPAL

# BOULDER OPAL

ILLUMINATION
OPTIMISM
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Australia, Brazil, Canada |
| CHAKRA CORRESPONDENCE | Root, Crown |
| PARTNERS WELL WITH | Diamond, emerald, lapis lazuli, petrified wood |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

## BOULDER OPAL'S JOURNEY TO YOU

Boulder opal was first discovered in 1869 in Queensland, Australia. Thin veins of boulder opal form within the voids and fractures of host rocks, particularly ironstone, when water and silica from dissolved sand trickle through the cracks of ironstone boulders within sandstone beds. The opal is revealed when the boulder is broken open, hence its name. This process occurs very close to the earth's surface, imbuing boulder opal with the wisdom of nature and the ability to expand your consciousness while grounding you in the embrace of Mother Gaia. It's the crystal personification of the tiny spark of joy that exists within us all, no matter how grim life may seem.

## CRYSTAL HEALING WITH BOULDER OPAL

### Where to use or place on body for healing

Place boulder opal on the eyelids to promote overall eye health and clarity of sight. It is even said to soothe sore eyes and reduce inflammation and redness related to allergic reactions and hay fever. Moving boulder opal through the aura can clear dense or stagnant energies while bringing a refreshing sense of optimism and adventure. Placed on both the Root and Crown chakras, it brings spiritual illumination and an awakening of Kundalini energy while keeping you connected to the wisdom and nurturing of Mother Nature. Hold it in meditation to feel both spiritually stimulated and physically grounded, ensuring that you don't neglect more mundane matters as you explore the esoteric nature of the cosmos.

### For the beginner

- Enhances your inner and outer beauty, allowing your soul's true radiance to shine.
- Brings its light on your darkest days, filling your heart with optimism and helping you fall back in love with your life.
- Allows you to find adventure in new challenges and seek out unique experiences, people, and places, making it a perfect travel companion.

### For the advanced practitioner

Boulder opal stimulates the Crown Chakra, creating a connection to the stars and other higher dimensions. It enhances the transfer and download of information between yourself and worlds beyond our own. Boulder opal also reinvigorates your dedication to your basic spiritual hygiene practices, reminding you to ground, center, and reclaim your energy daily. On a more earthly level, boulder opal strengthens your sexual desire and enhances your seduction skills.

### BOULDER OPAL'S MAGICAL MESSAGE FOR YOU

"No matter how deep you think the darkness you have fallen into is, my bright light can guide you back out again. I will connect you with the energy of the cosmos while keeping you grounded in Gaia's loving embrace."

**Did you know?**
Because of the play of colors that dance across this stone as you move it, many people have believed that boulder opal contained a living being within it.

OPAL

# CACHOLONG OPAL

OPTIMISM
SERENITY
SPIRITUAL AWARENESS

| | |
|---|---|
| MOHS HARDNESS | 2.5–4.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Austria, Czech Republic, Russia, Tanzania, Uzbekistan |
| CHAKRA CORRESPONDENCE | Heart, Crown |
| PARTNERS WELL WITH | Blue lace agate, moonstone, rose quartz, turquoise, white chalcedony |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## CACHOLONG OPAL'S JOURNEY TO YOU

Cacholong opal is a mix of white opal and fine-grained chalcedony. The name "cacholong" comes from the word "*cach*," which refers to a creek in Uzbekistan where the stone was originally found. Other people claim it is simply a made-up word to differentiate the stone from regular white opal. Cacholong opal has been used throughout history in fine jewelry and lapidary art given as tokens of love, reflected in its modern metaphysical properties of heart opening and affection.

## CRYSTAL HEALING WITH CACHOLONG OPAL

### Where to use or place on body for healing

Cacholong opal is primarily a Crown Chakra stone, and placed on this chakra, it helps to purify a person's whole energetic system by saturating the auric field with the full spectrum of light and color. This process increases your spiritual awareness and helps you download information from higher realms. Placed on the Heart Chakra, it helps to release pent-up emotions, encourages practicing self-care, and opens you to love from others and yourself. Carried or worn as jewelry against the heart, it also helps you feel welcome in groups and communities. It is also said that wearing cacholong opal helps relieve the discomfort associated with late pregnancy and brings support during labor and birthing. It has also been considered a love talisman, with energies that reunite lost lovers, even after decades of separation.

### For the beginner

- Encourages a sense of optimism about life and helps you feel safe and supported. It is a calming and soothing stone that eases feelings of anger, bitterness, and depression.
- Instills a sense of faith in your own progress along your life path and encourages you to make decisions that keep you moving forward toward your goals.
- Can be used to diffuse essential oils and perfumes thanks to its porous nature! Simply place a drop of your favorite oil on this stone and carry it with you, place it in your car, or put it anywhere you wish to experience your favorite scent.

### For the advanced practitioner

Cacholong opal is helpful in healing sessions with clients who find more powerful stones to be a bit too overwhelming; using cacholong opal with more powerful stones mitigates their impact. Because cacholong opal is so calming, it is also beneficial to process chronic trauma caused by long-term abuse or domestic violence, getting right to the heart of the matter without triggering symptoms of PTSD or anxiety.

### CACHOLONG OPAL'S MAGICAL MESSAGE FOR YOU

"I am here to remind you that it is okay to take time out for yourself and practice self-care. Neglecting yourself only leads to resentment, and you cannot draw water from an empty well."

**Did you know?**
Due to its brilliant white appearance, cacholong opal is increasingly being used as a more sustainable and ethical replacement for ivory.

# FIRE OPAL

CREATIVITY
PASSION
PLEASURE

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Mexico |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Carnelian, citrine, red aventurine |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Leo, Libra, Sagittarius, Pisces |

## FIRE OPAL'S JOURNEY TO YOU

For almost a century, Mexico has been the world's main source of fire opal. Historians trace the first use of the gemstone to the Aztecs, who discovered and began wearing it in 1345 C.E. The Aztecs referred to the gem as *vitzitziltecpatl,* meaning "hummingbird stone"—a reference to its diverse and radiant display of colors. They incorporated fire opal into healing rituals and burial rites, and the stone was a favorite among Aztec artisans, who would use it to adorn and beautify their sculptures and figurines. Eventually, fire opal made its way to other regions, becoming a favorite among royalty and explorers from around the world.

## CRYSTAL HEALING WITH FIRE OPAL

### Where to use or place on body for healing

Fire opal is a pure Sacral Chakra stone, attuned to the immense capacity for pleasure, creativity, and passion that this energy center holds. This crystal's vibration is one of ecstasy, helping you abandon all limitations to achieve sexual and creative awakening. Hold this gem to your Sacral Chakra in meditation or work with it with a partner, allowing it to deepen intimacy and awaken desire. You can also work with fire opal to boost fertility, stimulate physical energy, and call forth optimism and confidence in all of your endeavors.

### For the beginner

- Reignites your enthusiasm for life and creative pursuits.
- Infuses fire medicine into every aspect of your life, propelling you to manifest your visions while also preventing burnout.
- Helps you stay open, optimistic, and brave, especially during times of transition or change.
- Helps you overcome shyness, leading you to approach life from a more playful, open, and curious perspective.
- Gives you the push that you need to move past defeatist thinking and go after what you desire.

### For the advanced practitioner

Fire opal will help you abandon all spiritual limitations and come into perfect flow with the creative energy of the universe. This stone attunes you to the mysteries of life, helping you find beauty in the exploration of the unknown. It encourages change and reflection, guiding you to look within and unravel your own inner mysteries so that you may evolve and expand. It stimulates the flow of life force and balances yin and yang energies, helping you achieve a divine sense of wholeness. Fire opal also intensifies emotional experiences, leading you to feel the changing tides of life more vividly and deeply.

### FIRE OPAL'S MAGICAL MESSAGE FOR YOU

**"You are kaleidoscopic, filled with an infinite array of brilliant, sparkling colors. If you ever feel bored with life, look within—there are many mysteries waiting to be unraveled. Ignite your inner fire and let its light lead you to the truth."**

**Did you know?**
Fire opal is known to awaken Kundalini energy, propelling creative and sexual awakening.

OPAL

# PINK OPAL

HOPE
EMOTIONAL HEALING
TRANSFORMATION IN LOVE

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Mexico, Peru |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Garnet, green calcite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Virgo, Libra, Sagittarius |

## PINK OPAL'S JOURNEY TO YOU

Pink opal is a combination of opal, chalcedony, and palygorskite. This gem forms when water evaporates from silica and leaves a residual gel that solidifies into opal. Pink opal from Mexico and Peru gets its pink color from the presence of quinones, organic compounds that are infused into the stone during its formation. Pink opal from America and Australia gets its color from the presence of manganese. The ancient Egyptians called pink opal the Hope Stone, and ancient Egyptian pharaohs would adorn themselves with pink opal crowns. Political leaders in ancient Rome also often wore this crystal, believing it to balance their emotions. Archaeological evidence suggests that pink opal was used in Kenyan artifacts 6,000 years ago. Today, this gem is known as a powerful Heart Chakra healer, believed to encourage transformation in love.

## CRYSTAL HEALING WITH PINK OPAL

### Where to use or place on body for healing

Pink opal is soothing, calming, and relaxing, making it a wonderful stone to keep by your bedside, in your meditation room, or anywhere you wish to fill with tranquil energy. This gem opens and heals the Heart Chakra, which is located over your physical heart. Hold it to your heart space to call forth emotional healing, love, tenderness, and compassion. This crystal resonates with the element of water and brings depth, renewal, perspective, and healing. Pink opal is a wonderful stone to give to a loved one and is an especially great choice for children. Keeping a piece in your pillowcase is said to deepen rest and facilitate past-life recall in dreams. Because pink opal is deeply healing to the emotional body, it's a powerful stone to keep close during talk therapy, journaling sessions, or any other forms of self-reflection and self-care.

### For the beginner

- Holds a gentle vibration, making it a good choice for beginning crystal healers or those who are sensitive to energy.
- Brings gentle grounding and relaxation to those feeling overwhelmed or stressed.
- Encourages peace, restores hope in love, and provides comfort and equilibrium during challenging times.

### For the advanced practitioner

Pink opal deepens empathy and helps you attune yourself to the emotions of others. It opens your heart to receive spiritual messages from others regarding what they need to feel seen and cared for. Pink opal is also known as a stone of renewal, rejuvenating your connection with yourself and the Divine. This gem propels spiritual awakening, helping you work with the universe to cocreate the life you desire. For those recovering from trauma from this life or past lives, pink opal facilitates the release of negative energies and helps you return to a state of centeredness, calm, and serenity.

### PINK OPAL'S MAGICAL MESSAGE FOR YOU

"Be gentle with yourself. You are deserving of the same care, love, and affection that you show to those around you. Close your eyes and find peace in the wisdom that you are seen, protected, and loved."

**Did you know?**
The Inca tribes of South America held pink opal in high regard, believing it to connect them with spirits and deities, particularly Pachamama, the Earth Mother.

# OPALITE

INSIGHT
PSYCHIC ABILITIES
SUCCESS

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Amorphous |
| COUNTRY OF ORIGIN | Man-made |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Dendritic agate, fire opal, fluorite, moonstone, rose quartz, ruby in fuchsite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Cancer |

## OPALITE'S JOURNEY TO YOU

Opalite once referred to a form of poor-quality common opal that does not show the iridescent play of color for which opal is renowned. However, the name "opalite" has now been given to a manufactured form of opal with its own unique and powerful metaphysical properties. Although man-made, opalite combines the qualities and magic of the three gemstones—dolomite, clear quartz, and fluorite—that have been compressed and tumbled together to form it. The resulting stone is one that deepens your intuition, bringing profound insights on how to follow your life purpose successfully.

## CRYSTAL HEALING WITH OPALITE

### Where to use or place on body for healing

A highly energetic stone, opalite is a stone of success and longevity that opens the Third Eye Chakra, enhancing psychic and intuitive abilities. When used in meditation, especially when placed on this energy center, opalite induces visions about how to succeed on your life path and in your career. The same increased intuition and psychic powers that guide good fortune in business ventures also empower greater spiritual communication.

### For the beginner

- Removes blockages from your auric field.
- Boosts self-esteem, giving you the confidence and persistence to continue moving forward through challenging circumstances.
- Energizes your physical and emotional bodies, providing the push necessary to manifest and achieve your dreams.
- Helps anyone starting a new business or strengthening their existing business.

### For the advanced practitioner

Opalite is a gem to keep nearby during times of transition, as it acts as a catalyst for change. It highlights how all the separate parts of your personality and environment come together to create the unique person that you are. Opalite shows you how even your imperfections contribute to your overall beauty.

### OPALITE'S MAGICAL MESSAGE FOR YOU

"There is perfection in imperfection. Allow me to illuminate your inherent gifts and let your intuition guide you on the path to success."

**Did you know?**
The first opalite was created by the French chemist Pierre Gilson in 1972.

# ORTHOCERAS

ANCIENT WISDOM
INSIGHT
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 3.5–4 |
| CRYSTAL STRUCTURE | N/A |
| PLACES OF ORIGIN | Found globally; the most important localities are Morocco and Sweden |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Ammonite, dalmatian jasper, petrified wood, stromatolite, turritella agate |
| ASTROLOGICAL CORRESPONDENCE | Virgo, Capricorn |

## ORTHOCERAS'S JOURNEY TO YOU

Over 400 million years ago, when Earth was mostly covered in water, the orthoceras was a living squidlike sea creature, ancestor of the modern-day squid and octopus, that could grow up to 14 feet long. The hard aragonite shells they left behind after they went extinct were slowly replaced with calcite as they fossilized over millions of years. These beautiful hardened shells are their only remaining earthly imprint, primordial matter that holds the magic of timeless tides.

## CRYSTAL HEALING WITH ORTHOCERAS

### Where to use or place on body for healing

Orthoceras fossils resonate with the Root Chakra, holding ancient Earth wisdom, and embodying evolution and transformation. When used in meditation, they clear low-vibrational energy, help improve your mood, and encourage a positive outlook. This fossil matter has accumulated cosmic energy for eons and echoes with all the potential and vibrancy of life itself, serving as a powerful stimulant of life-force energy, or chi.

### For the beginner

- Holds potent Earth medicine and is able to clear negative energies, improve your mood, and encourage a positive outlook on life.
- Embodies continual evolution and change, increasing life span while reducing anxiety, stress, and other toxic stimuli.
- Encourages you to learn from the past and move forward with a fresh perspective.

### For the advanced practitioner

Orthoceras is a valuable ally to hold during shamanic journey to access wisdom from past lives and to clear any present-day fears or karmic attachments that may be lingering from those times. It helps you restore balance to your physical body by allowing you to tap into the messages your body is trying to send you about your current needs, from nutritional requirements to emotional self-care, especially with regard to addressing fatigue. Orthoceras also aids people actively working toward healing Earth itself, such as mitigating the effects of pollution on animals and the environment and damage to significant natural reserves like the rainforest and ocean. It also helps to release energies from certain places associated with tragic historical events.

### ORTHOCERAS'S MAGICAL MESSAGE FOR YOU

"Tap into the ancient wisdom of Earth and release setbacks from the past that are hindering your spiritual evolution. Instead, allow these past experiences to become valuable lessons."

**Did you know?**

Vast quantities of orthoceras can be found in the Atlas Mountains in Morocco on the border of the Sahara Desert, reminding us that what is now an arid landscape was once a rich prehistoric ocean, teeming with life.

# PERIDOT

GOOD FORTUNE
LEADERSHIP
MANIFESTATION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Australia, Brazil, France, Myanmar, New Zealand, Pakistan, South Africa, United States (Arizona, Arkansas, California, Hawaii, New Mexico) |
| CHAKRA CORRESPONDENCE | Solar Plexus, Heart |
| PARTNERS WELL WITH | Citrine, chrysoprase, garnet, green tourmaline, rainbow moonstone |
| ASTROLOGICAL CORRESPONDENCE | Leo, Virgo, Scorpio, Sagittarius |

## PERIDOT'S JOURNEY TO YOU

Peridot is the traditional birthstone for August and is said to attract whatever you desire. It brings good luck and good fortune to the bearer and was prized in ancient Egypt for this reason. Most peridot is formed deep inside Earth's mantle, beneath the crust. It only makes its way to the surface through earthquakes and volcanic activity, hence it is sometimes referred to as the "tears of Pele," the Hawaiian goddess of volcanoes. Rarely, peridot is also found within meteorites that strike the Earth. The ancient Greeks and Romans believed peridot had special powers as a wayseer's stone. It was thought that peridot glowed from within in the night and would lead seekers to their intended path—often toward treasure!

## CRYSTAL HEALING WITH PERIDOT

### Where to use or place on body for healing

Peridot opens the Heart Chakra to help you unveil and manifest the true desires of your heart. As a stone of the sun and self-actualization, it also activates the Solar Plexus Chakra, and when held against this energy center, it strengthens your dedication and leadership abilities. Set on both these chakras, it harmonizes them, bringing your will into alignment with the frequency of love.

### For the beginner

- Brings luck, bounty, and wealth. This manifestation crystal draws abundance energy and attracts prosperity.
- Helps manifest your dreams, boost your luck, and strengthen your leadership skills.

### For the advanced practitioner

Peridot brings awareness and excitement about your spiritual destiny. It helps you release any guilt about dedicating time to your soul's path and putting your own needs first. Peridot reinforces your sense of self-worth and confidence in your abilities so you can bring your dreams to fruition, dispelling negative thought patterns that keep you from your own success. Peridot is also helpful for clients who are manifesting multiple projects or outcomes. It represents the fruition of many pursuits at once and can facilitate more expansive thinking and visioning.

### PERIDOT'S MAGICAL MESSAGE FOR YOU

"Good fortune is the result of keeping your vibrations high. Work with me to be guided toward the true desires of your heart. Carry me with you to attract prosperity and increase."

### Did you know?

Ancient Egyptians kept the location of their supply of peridot, the island of Zabargad, such a closely guarded secret that when the kingdom of Egypt fell following Cleopatra's death in 30 B.C.E., it wasn't rediscovered until 1906.

# PETALITE

BOUNDARIES
DIVINE GUIDANCE
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Found globally, with important localities in Australia, Brazil, Canada, Namibia, Russia, Sweden, United States (California, Maine, Wyoming), Zimbabwe |
| CHAKRA CORRESPONDENCE | Crown, Soul Star |
| PARTNERS WELL WITH | Aquamarine, danburite, lepidolite, morganite, natrolite, pietersite, rose quartz, stilbite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## PETALITE'S JOURNEY TO YOU

Petalite is the grand protectress of the Synergy Twelve, a group of high-vibrational crystals believed to activate the light body and accelerate the process of spiritual evolution, and is known as the White Velvet Cloak because of its protective properties. It was discovered in 1800 by J. B. d'Andrada in Sweden, and its name comes from the Greek "*petalon*," for "leaf," in reference to its perfect cleavage. Petalite is rich in lithium and occurs as deposits in granite pegmatites along with other lithium-rich stones such as lepidolite and kunzite.

## CRYSTAL HEALING WITH PETALITE

### Where to use or place on body for healing

As a Crown and Soul Star chakra stone, petalite is one of the most potent gems for connecting with the higher realms. It draws protective energy straight from the skies and brings feelings of serenity and alignment—like an angel is next to you, holding your hand as you walk your path. Carrying petalite with you promotes psychic boundaries, strength, and peace. Petalite is an excellent stone to work with if you're an introvert, as it brings a sense of surety and comfort. It also creates an energetic buffer zone between yourself and other people's vibrations. Petalite can be used to create a protective grid for your space, or it can be used to create a protective gemstone elixir.

### For the beginner

- Lifts you up and helps you trust, surrender, let go, and listen for guidance from the spirit, not just the wisdom of the physical world.
- Offers a deep sense of peace and trust that everything is unfolding in perfect time and divine order, allowing manifestation to occur spontaneously.
- Allies with introverts to help them live peacefully in a harsh world.

### For the advanced practitioner

Petalite is protective but not overbearing or overly grounding. Sometimes referred to as the velvet glove of protection, it gently and subtly cloaks the bearer in a blanket of divine white light, almost like a mother protects her child. Within this energetic womb, you have the support to explore all your deepest dreams and desires. Some practitioners like to incorporate petalite into protection grids placed inside or outside the home, as its softer properties balance the more polarizing and extreme energies of other stones like black tourmaline and obsidian. Placed on magical altars and in sacred spaces, petalite channels the energy of Archangel Michael and divine masters from the angelic realms whose strength is balanced by compassion and grace.

### PETALITE'S MAGICAL MESSAGE FOR YOU

"You are abundantly protected by divine helpers at all times and in all places with me as your ally. Allow my pure vibrations to connect you with your angels and spirit guides for comfort, guidance, and support."

### Did you know?

Petalite is considered an excellent stone for bringing a sense of calm, centering, and self-love to children who are experiencing any form of bullying.

# PHENAKITE

ASCENSION
MANIFESTATION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 7.5–8 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia, Austria, Brazil, Madagascar, Mexico, New Zealand, Norway, Russia, Sri Lanka, Switzerland, Tanzania, United States (California, Colorado, Nevada), Zimbabwe |
| CHAKRA CORRESPONDENCE | Third Eye, Crown, Soul Star |
| PARTNERS WELL WITH | Dumortierite, hematite, heulandite, red jasper, rose quartz, scolecite, selenite, seraphinite, shungite |
| ASTROLOGICAL CORRESPONDENCE | Gemini |

## PHENAKITE'S JOURNEY TO YOU

Phenakite is a recent discovery in the metaphysical community. A member of the Synergy Twelve, a group of high-vibrational crystals believed to activate the light body and enhance and accelerate the process of spiritual evolution and ascension, it helps us push past our personal obstacles, which become collective obstacles. Because of its power to overcome what has previously limited us, phenakite is fast becoming a favorite manifestation crystal. Some of the mining locations of phenakite are on or near vortices, places of energetic power, contributing to the fascination with this magical mineral.

## CRYSTAL HEALING WITH PHENAKITE

### Where to use or place on body for healing

Phenakite activates the Third Eye, Crown, and Soul Star chakras, enhancing your intuition and connecting you to the higher realms. Placed on any of these chakras during meditation, this crystal has the power to facilitate inner visioning and interdimensional travel, awaken the light body, and evolve both the individual and collective consciousnesses. It also brings an instant clearing to your auric field. It can serve as a conduit for communication with spirit guides, angelic beings, and other entities of higher-vibrational realms.

### For the beginner

- Is the most powerful crystal you can work with and is one of the hardest to find. It's considered the fast-forward button for the soul's development. Phenakite will open the channel if you desire to hear, see, and understand more.
- Can spontaneously attune other crystals, most notably quartz, to its frequency.
- Facilitates psychic development and deepens shamanic journey experiences.

### For the advanced practitioner

Phenakite helps you integrate wisdom gleaned through advanced spiritual work, bringing your wisdom into daily practice, which makes life better, easier, and more productive. It grants access to the Akashic records to aid in releasing limiting beliefs and karmic contracts from past lives. Humans are only limited in terms of what they can accomplish by the breadth of their imagination; we stop ourselves from evolving, perhaps because, on a subconscious collective level, we realize we are not prepared for a full-scale ascension movement yet.

### PHENAKITE'S MAGICAL MESSAGE FOR YOU

"Take me in your hand and let me lead you in a new direction of spiritual advancement. Connect to the universe and open your soul to new ways of being, shine your light into the world, and aid the ascension process of all humanity."

### Did you know?

Phenakite's name comes from the Greek word *"phenakos,"* or "deceiver," because it looks deceptively like quartz.

# PHOSPHOSIDERITE

ASCENSION
INTEGRATION
PAST-LIFE RECALL

| | |
|---|---|
| MOHS HARDNESS | 3.5–4 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Argentina, Australia, Belgium, Brazil, Czech Republic, France, Germany, Italy, Morocco, New Zealand, Portugal, Spain, United States (California, Colorado, Maine, Nevada, Utah) |
| CHAKRA CORRESPONDENCE | Heart, Crown, Soul Star |
| PARTNERS WELL WITH | Azurite, celestite, natrolite, petalite, phenakite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Cancer |

## PHOSPHOSIDERITE'S JOURNEY TO YOU

Phosphosiderite is named for its mineral composition: from the Greek "*phosphoros,*" for "phosphate," and "*sideros,*" for "iron." "*Phosphoros*" also translates as "morning star," which reflects the metaphysical properties of this stone as it illuminates your past lives and is considered the best stone you can work with for this purpose. Phosphosiderite was discovered in 1858, though it wasn't given this name until 1890 because it was initially classified incorrectly as a different mineral. It is also sometimes marketed as purple turquoise, even though it has no mineralogical relation to this stone.

## CRYSTAL HEALING WITH PHOSPHOSIDERITE

### Where to use or place on body for healing

Phosphosiderite is one of the few stones that activates both the Crown and Soul Star chakras, connecting you with Source, the stars, and other dimensions and accelerating your spiritual ascension. It also opens and activates the Heart Chakra, but its energy differs from that of other well-known heart healers, such as rose quartz and rhodonite. Hold phosphosiderite against your heart space in meditation if you're ready to free yourself from the limiting stories of your past. It will help you write a new story—one that empowers you.

### For the beginner

- Connects you with your spirit guides and angels and helps you uncover knowledge of your past lives in a way other stones cannot.
- Reveals where you come from, why you're here, and your spiritual and physical lineage.

### For the advanced practitioner

Phosphosiderite helps you see your life and soul purpose with clarity and appreciation. It illuminates your soul path and soul contract, which clarifies the journey you have taken on your way through other galaxies prior to incarnating on Earth. Phosphosiderite brings both physical and emotional healing and hastens spiritual awakening. Meditate with phosphosiderite to access memories of lifetimes before the one you're living today. Soul retrieval and past-life regression are two examples of energy work that benefit from the integration of phosphosiderite. By accessing accurate memories of previous lifetimes, you can easily integrate the wisdom and medicine of those experiences. Phosphosiderite is known to reveal only memories of lifetimes that a person is ready to integrate, so healers can feel confident recommending this stone to people at any level of conscious awareness.

### PHOSPHOSIDERITE'S MAGICAL MESSAGE FOR YOU

"Take a journey through your soul's past with me as your guide. I will help you release the aspects of your past that are holding you back so that you can accelerate your spiritual evolution."

**Did you know?**
Phosphosiderite generally forms in botryoidal masses, which can resemble a bunch of grapes joined together.

# PIETERSITE

CLARITY
INTUITION
PERSONAL POWER

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | China, Namibia |
| CHAKRA CORRESPONDENCE | Solar Plexus, Third Eye |
| PARTNERS WELL WITH | Citrine, heliodor, iolite, jet, golden labradorite, Libyan gold tektite, nuumite, tiger's-eye |
| ASTROLOGICAL CORRESPONDENCE | Leo, Sagittarius |

## PIETERSITE'S JOURNEY TO YOU

Pietersite is often misidentified as a form of tiger's-eye, and the two grow together in one pocket of a remote mine in Africa; however, pietersite is actually a variety of chalcedony with amphibole inclusions made up of crocidolite, calcite, hematite, dolomite, and more. The way these fibers line up gives it a chatoyant appearance very similar to tiger's-eye. It was named after Sid Pieters, who discovered the mineral in Namibia in 1962.

## CRYSTAL HEALING WITH PIETERSITE

### Where to use or place on body for healing

Pietersite activates and unites the Solar Plexus and Third Eye chakras for enhanced personal power, vision, and intuition. Placed on these two energy centers, it encourages you to believe in your ability to receive wisdom from the higher realms and to trust in its accuracy. Pietersite can also be gridded on or around the body to clear the auric field of negative attachments and facilitate astral travel. If you give oracle or tarot card readings, holding a piece of pietersite in preparation before the session will stimulate your third eye so that your interpretations are accurate and in alignment with your client's needs.

### For the beginner

- Offers peace and contentment with what one has, and this contentment is associated with deeper gratitude, happiness, and personal satisfaction.
- Connects you to deep insight, intuition, and transformation and pushes you in the direction of your dreams.
- Churns the deepest parts of your subconscious and brings them to the surface, helping you see yourself and your path more clearly.
- Boosts willpower and helps you move from a place of understanding, faith, and deep conviction.

### For the advanced practitioner

Pietersite will ground you not to Earth but to the divine realms. It's an excellent gem for interdimensional travel that can lead you to confidently contact other worlds, including accessing the Akashic records. It is helpful in healing sessions with clients to grant them a more empowered mindset and mental clarity, which will help them join scattered ideas into more cohesive thought forms. Pietersite cleanses the auric field, lights your inner fire, and instills the motivation to make changes that align with your highest path.

### PIETERSITE'S MAGICAL MESSAGE FOR YOU

"You will find more confidence in yourself and your intuitive abilities when you work with me as your ally. Honor your inner guidance by trusting it and sharing your gifts and wisdom with others."

**Did you know?**
Carrying pietersite is said to protect you from bad weather while traveling.

# PLATINUM

COMFORT
INTERDIMENSIONAL AWARENESS
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 4–4.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Australia, Brazil, Canada, China, France, Germany, New Zealand, Russia, South Africa, United States (Alaska, California, Colorado, Idaho, Oregon, Utah) |
| CHAKRA CORRESPONDENCE | Third Eye, Crown, Soul Star |
| PARTNERS WELL WITH | Diamond, emerald, gold, sapphire, silver, spinel |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## PLATINUM'S JOURNEY TO YOU

Platinum is a metal on the periodic table that is often used in fine jewelry as a setting for emeralds, sapphires, and diamonds. Although it was officially discovered and named in Colombia in 1736, it has been found worked into burial goods created by Indigenous Colombians dating back over 2,000 years. It was also found decorating the sarcophagus of the ancient Egyptian queen Shapenapit, who was laid to rest around 700 B.C.E.

## CRYSTAL HEALING WITH PLATINUM

### Where to use or place on body for healing

Because it is so often crafted into fine jewelry, the most accessible way to work with platinum's energy is to wear it. Keeping it within your auric field, and especially against your skin, brings alignment to your physical and spiritual bodies for optimum wellness and transformation. Platinum gently heals tears in the auric field and helps you absorb the positive energies that may be surrounding you while deflecting negativity.

### For the beginner

- Amplifies the energies of other stones and metals it is paired with.
- Facilitates a deeper connection to your guides and guardians and carries their messages to you clearly and directly.
- Allows you to break free from any limitations you have set upon yourself so that you can bring your dreams to life.

### For the advanced practitioner

Platinum activates your Third Eye, Crown, and Soul Star chakras for interdimensional travel and awareness. It is a comforting mineral that brings awareness of your purpose in this lifetime and highlights karmic contracts that need to be resolved in order to bring spiritual evolution and ascension.

### PLATINUM'S MAGICAL MESSAGE FOR YOU

"As a divine being of cosmic light, your soul is eternal and has experienced many lifetimes in many galaxies. Keep me close and be comforted by the energies of 'home' during this earthly journey."

**Did you know?**
The Greek inventor Archimedes believed that platinum encouraged the cultivation of balanced, centered energy and the "blossoming" of one's soul.

# PREHNITE WITH EPIDOTE

ABUNDANCE
HEALING
REMOVING OBSTACLES

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Prehnite: orthorhombic; epidote: monoclinic |
| PLACES OF ORIGIN | Australia, Canada, Mali, Tanzania, United States (Connecticut, Wisconsin) |
| CHAKRA CORRESPONDENCE | Solar Plexus, Heart |
| PARTNERS WELL WITH | Amethyst, emerald, Herkimer diamond, jade, moldavite, phenakite, seraphinite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Libra |

## PREHNITE WITH EPIDOTE'S JOURNEY TO YOU

Prehnite with epidote occurs when epidote crystals form first, already growing in the surrounding rock matrix. Then silica-rich waters flow over the epidote crystals, eventually trapping them inside the resulting prehnite. However, both minerals are also found growing separately in various locations. It is this particular combination that is so special and rare, resulting in a powerful gem that heals the healer, bringing a deep sense of peace and calm.

## CRYSTAL HEALING WITH PREHNITE WITH EPIDOTE

### Where to use or place on body for healing

Prehnite with epidote activates the Heart Chakra. After you have been working with a crystal healing client, this is a useful stone to hold against your heart space to ensure that you don't take on any of the issues addressed during the session. Working with prehnite with epidote in this way ensures that as you are healing others, you are treating your own heart and energy with loving-kindness. It also activates the Solar Plexus Chakra and attunes your inner will and intentions to the truths held closest to you in your heart. Prehnite with epidote protects the central nervous system and helps to prevent adrenal fatigue, also known as "energetic burnout."

### For the beginner

- Brings peace and calm and helps stabilize the flow of energy in the body, reducing anxious energy.
- Helps you manifest your intentions and clear obstacles that stand in the way of creating the life you desire.
- Supports the creation and maintenance of strong energetic boundaries.

### For the advanced practitioner

Prehnite with epidote grounds your energy in the heart of Gaia, connecting and encouraging a link between your heart and the heart of Mother Earth. It holds you as you hold others and reminds you that you, too, need healing and self-care. Prehnite with epidote is an abundance stone if you think and live abundantly. If your mindset is focused on manifestation, it removes obstacles and boundaries to success and even wealth. Prehnite with epidote reminds you that healing and abundance are your birthrights. It is truly a healer's best friend and strongest ally in the mineral kingdom.

### PREHNITE WITH EPIDOTE'S MAGICAL MESSAGE FOR YOU

"I am your reminder that it is okay for you to take the time and space you need to look after yourself the way you care for and heal others."

**Did you know?**
Epidote is said to increase whatever it touches—try it for yourself by keeping prehnite with epidote in your wallet with some coins or in your kitchen pantry.

# PRESELI BLUESTONE

GROUNDING
INTUITION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 8–9 |
| CRYSTAL STRUCTURE | Diabasic |
| PLACES OF ORIGIN | United Kingdom |
| CHAKRA CORRESPONDENCE | Throat, Third Eye |
| PARTNERS WELL WITH | Amphibole quartz, arfvedsonite, dumortierite, merlinite, nephrite, okenite, shungite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Pisces |

PRESELI BLUESTONE'S JOURNEY TO YOU

Harvested only from Preseli, Wales, Preseli bluestone forms the inner ring of Stonehenge—a prehistoric monument that has puzzled historians for centuries. Also known as spotted dolerite, it is an igneous rock that contains several different minerals, including feldspar, biotite, and quartz. Ancient artifacts throughout England, notably weapons and tools, have been found to be forged from this stone as well, reinforcing its cultural and practical importance throughout the history of Britain.

CRYSTAL HEALING WITH PRESELI BLUESTONE

### Where to use or place on body for healing

Preseli bluestone activates your Third Eye Chakra to assist in developing your intuition and communication with other planes and dimensions. Placed on the Throat Chakra, it brings discernment about whether others are being genuine with you. Held in meditation or placed beside your bed, Preseli bluestone anchors and supports you in astral travel and serves as a powerful guide while doing any visioning and dream work.

### For the beginner

- Enhances every facet of your spirituality and brings emotional healing, helping you make peace with the past.
- Assists in the development of foresight and clairvoyance and helps you connect with other realms.
- Offers stability and grounding while accessing wisdom from your ancestors, particularly those with a Celtic lineage.

### For the advanced practitioner

Preseli bluestone has primordial energy that resonates with the wisdom held within the earth. It connects with the mystery and magic of the ancient civilization of Avalon and particularly conjures the spirit and insights of Merlin. If you find yourself at a crossroads in life, Preseli bluestone brings clarity about which path to take and grants you the courage to follow it. It remains a mystery how exactly ancient ancestors brought Preseli bluestone from Wales to Stonehenge and other sacred locations; as a result, rumors abound of extraterrestrial intervention in the creation of these sacred monuments and tools. Advanced practitioners can access this stored magic and wisdom in meditation, asking Preseli bluestone to reveal its secrets and transport them to its source of power.

PRESELI BLUESTONE'S MAGICAL MESSAGE FOR YOU

"Allow me to draw on the wisdom of times gone by and guide you on your path to self-discovery. You have all you need within you to access the knowledge of the past and move toward your life purpose."

### Did you know?

It is estimated that there were originally 80 blocks of Preseli bluestone that made up Stonehenge, weighing in at 4,000 to 8,000 pounds each.

# PSILOMELANE

COMPASSION
EMOTIONAL SUPPORT
GROUNDING

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Argentina, Australia, Austria, Canada, Chile, China, Finland, Germany, Greece, Italy, Madagascar, New Zealand, Norway, Peru, Slovakia, United Kingdom, United States |
| CHAKRA CORRESPONDENCE | Root, Third Eye |
| PARTNERS WELL WITH | Amethyst, fuchsite, green tourmaline, labradorite, mookaite jasper, moss agate, muscovite, prasiolite, rhyolite, seraphinite |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## PSILOMELANE'S JOURNEY TO YOU

Psilomelane comes from the Greek *"psilos,"* which means "smooth," and *"melas,"* "black," giving a clear picture of its appearance. A beautiful gem with inviting layers and swirls, it was initially considered an individual mineral species until 1982, when it was found to be a combination of different minerals, mainly manganese, quartz, and barium, and its classification was discredited. However, this particular blend of minerals is still referred to by its original name. It has profound metaphysical properties all its own, including grounding, emotional support, and compassion for yourself and the people around you.

## CRYSTAL HEALING WITH PSILOMELANE

### Where to use or place on body for healing

Psilomelane is a stone of deep healing, and if you're a healer, working with this gem will assist you in unearthing hidden emotions and motivations in your clients. It's a protective stone that activates the Root Chakra to bring grounding and emotional support in challenging situations. Psilomelane also clears and opens the Third Eye Chakra, helping bring clear sight during divination and mediumship work. It provides inspired wisdom to help you interpret your visions and messages.

### For the beginner

- Helps you to see the messages behind coincidences in your life and find the underlying karmic forces at play in these situations so that you can turn them to your advantage.
- Magnetizes the attention of all who see it; thus, it is ideal for scrying, gazing, and trance.
- Helps you understand your patterns of emotional thinking, and facilitates mental travel and deep meditation.

### For the advanced practitioner

Psilomelane helps to surface hidden emotional issues that could be in the way of your physical healing and well-being. It offers support as you explore aspects of yourself that you may think are darker or less desirable so that you can see them in a new light with love and gratitude. During uncomfortable conversations or situations, it helps soothe and mitigate reactive behaviors and softens your emotions so you can move forward with compassion. You can wear one of these potent stones in your bra to support your well-being or to help cut the cords of buried negative energies. Its lithium content will keep healers relaxed as they engage in the work of transformation, transmutation, and energetic clearing.

## PSILOMELANE'S MAGICAL MESSAGE FOR YOU

"Know that you are divinely held and supported as you take on the deep inner work necessary for your evolution as a whole and fulfilled being."

### Did you know?

Psilomelane contains small amounts of lithium, adding to its emotional support and healing properties.

# PURPURITE

FREEDOM
OPTIMISM
SPIRITUAL DEVELOPMENT

| | |
|---|---|
| MOHS HARDNESS | 4–4.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Namibia |
| CHAKRA CORRESPONDENCE | Third Eye, Crown |
| PARTNERS WELL WITH | Amethyst, charoite, golden labradorite, lepidolite, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## PURPURITE'S JOURNEY TO YOU

Purpurite is named after the Latin *"purpura,"* meaning "purple," in reference to its gorgeous hue. It was first discovered in South Africa in 1902 by L. C. Graton and W. T. Schaller. This gem's bright color comes from the presence of manganese and iron. Manganese is healing, strengthening, and enhances positive energy, and iron is stabilizing and grounding. The color of this stone does transfer to your hands, but you can wash it off easily.

## CRYSTAL HEALING WITH PURPURITE

### Where to use or place on body for healing

Energy in the human biofield runs through a doughnut-shaped vortex called the tube torus or toroidal field. The faster the spin of your field, the higher the vibration, and the more likely you are to feel optimistic and passionate about life. Gridding with purpurite on or around the body or placing it on your Crown and Third Eye chakras is one of the best ways to increase toroidal spin. This stone of freedom and spiritual development inspires you to break free of negative patterns and learn to embrace the unknown.

### For the beginner

- Powerfully encourages the free-flowing energy of the toroidal field and integration of your inner and outer worlds.

### For the advanced practitioner

For advanced crystal healers, purpurite is one of the purest stones of the Violet Ray and brings divine energies of protection, mercy, love, forgiveness, freedom, and transformation. Purpurite clears your energetic field, dissolves mental doubts, and paves an open path for spiritual knowledge. It activates what is known as the Violet Flame of auric protection and can be useful in deflecting negative energy from any direction or source. It's also a stone of initiation and helps you create conscious contact with your spirit guides and receive their messages clearly. It is said that when a new spirit guide or guides are assigned to a human soul, the person about to receive the new guide(s) feels attracted to purpurite, a subtle sign and message that new spiritual help and support is on the way.

### PURPURITE'S MAGICAL MESSAGE FOR YOU

"Attune yourself to higher frequencies and open yourself to spiritual wisdom as you hold me during meditation. You are naturally a high-vibrational being; I simply support you as you transcend."

**Did you know?**
**According to healing folklore, it is believed that purpurite can be applied topically to treat cuts and bruises—likely a result of the high manganese content in its matrix, which is a known physical healer and regenerator of tissue.**

# PYRITE

ABUNDANCE
PERSONAL POWER
SELF-WORTH

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Tetragonal |
| PLACES OF ORIGIN | Australia, Austria, Canada, France, Germany, Italy, Myanmar, New Zealand, Peru, Spain, United States (Connecticut, Massachusetts, Pennsylvania, Washington) |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Citrine, clear quartz, green aventurine, jade, malachite, opalite, tiger's-eye |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## PYRITE'S JOURNEY TO YOU

Pyrite is the gemstone of confidence and inner strength. Its name comes from the Greek word *"pyr,"* which means "fire," due to its ability to create sparks when struck against metal or other hard materials. Outside of the United States, pyrite is a well-known talisman of wealth: Gem-grade crystals command top dollar from many collectors. Pyrite is commonly found around the world in a variety of geological formations. But what's fascinating about this stone is how it evolves. It starts as sedimentary deposits to hydrothermal veins and metamorphic rocks. As it evolves, it forms in masses, stalactites, grains, globes, cubes, and even twelve-sided crystals! It also forms flat, radial disks called "suns" or "dollars." Pyrite is a very complex stone and, like our own lives, can evolve in any number of directions.

## CRYSTAL HEALING WITH PYRITE

### Where to use or place on body for healing

Pyrite activates the Solar Plexus Chakra for confidence and inner strength. Placed on this energy center, it boosts feelings of self-worth, particularly regarding feeling worthy of manifesting abundance in your life. Held or kept in your pocket, it increases your self-esteem. It supports you in effectively addressing conflict, especially when engaging with people who, for any reason, make you feel unsure of yourself. Carried with you, it also sustains your physical energy, infusing you with vitality. Cubes of pyrite are powerful additions to grids for self-confidence and courage.

### For the beginner

- Embodies possibility, potential, and prosperity and encourages you to shine in your power.
- Enlivens your self-image and connects you to the warmth of the sun, helping you be a source of inspiration.
- Brings positivity, vitality, and overall well-being.

### For the advanced practitioner

Pyrite is a stone that encourages you to accept yourself exactly as you are, showing you your full potential that lies just beneath the surface. It illuminates what you perceive as flaws, showing just how vital all aspects of your inner world are. It helps you maintain enthusiasm and motivation even when it seems like the whole world is against you, helping you see even the most challenging projects through to completion. Pyrite supports strong and healthy digestion as well, and is recommended as a stone for healing of the intestines and stomach. Placing a cube of pyrite on the navel or belly button during a crystal healing session is a common practice among crystal healers to not only heal the digestive system but promote balance in the energy field. The four sides of this cubic stone represent a cosmic balance of the four elements: earth, air, fire, and water.

### PYRITE'S MAGICAL MESSAGE FOR YOU

"Meditate with me to tap into your potential, stimulate your flow of ideas, and be persistent in seeing your projects through to completion."

### Did you know?

According to feng shui, placing pyrite in a bowl in the southern corner of your home will infuse it with feelings of warmth and peace for all who enter.

QUARTZ

# AMPHIBOLE QUARTZ

LOVE
PEACE
UNDERSTANDING

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil |
| CHAKRA CORRESPONDENCE | Heart, Third Eye, Crown |
| PARTNERS WELL WITH | Amethyst, angel aura quartz, clear quartz, labradorite, moldavite, rainbow moonstone |
| ASTROLOGICAL CORRESPONDENCE | Aquarius, Pisces |

## AMPHIBOLE QUARTZ'S JOURNEY TO YOU

Also known as angel wing phantom quartz due to its gossamer winglike inclusions, amphibole quartz is only found in one region of Brazil. Its name comes from the Greek word *"amphibolos,"* meaning "ambiguous," due to the range of minerals that comprise the sprays of needle-shaped inclusions seen within this stone.

## CRYSTAL HEALING WITH AMPHIBOLE QUARTZ

### Where to use or place on body for healing

This high-vibrational crystal has potent shielding and healing magic and activates your Crown Chakra to help you connect with your spirit guides and angels. It enables you to release old traumas and patterns. Amphibole quartz is a powerful Heart Chakra stone that opens the heart space to allow divine healing to flow in. Placed on the Third Eye Chakra, amphibole quartz enhances your intuitive gifts, especially that of clairvoyance. Held in meditation, it heals the energy body and fills any auric gaps or tears that may be present. Kept in the workplace, amphibole quartz invites harmony into your space and enhances diplomacy and negotiation skills.

### For the beginner

- Helps reduce stress, increase self-esteem, and bring positive vibrations.
- Balances the body, mind, and spirit and enhances spiritual awareness.
- Helps you find your proper timing and purpose if you're feeling lost.
- Facilitates lucid dreaming and brings a deep sense of peace and tranquility.

### For the advanced practitioner

Amphibole quartz embodies a protective angelic vibration and supports spiritual evolution. When you connect with your surroundings and tap into the collective awareness, you realize you're at one with angelic energies—and amphibole quartz will aid you in this process. Amphibole quartz dispels any negative energies and invites feelings of joy and peace to replace them. It enhances your intuition and guards against all forms of psychic attack, especially when engaging in journeying or astral travel.

### AMPHIBOLE QUARTZ'S MAGICAL MESSAGE FOR YOU

"Allow my peaceful and balancing energy to facilitate communication with your angels and guides while also connecting with the wisdom of your highest self."

**Did you know?**
The minerals found within amphibole quartz can include actinolite, tremolite, hornblende, hematite, limonite, and lithium.

QUARTZ

# CLEAR QUARTZ

AMPLIFICATION
MAGNIFICATION
PROGRAMMABILITY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | All |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## CLEAR QUARTZ'S JOURNEY TO YOU

Clear quartz is the most pervasive and versatile crystal utilized by metaphysical practitioners in the mineral world. It is found on every continent in the world and is formed as silica-rich magma cools beneath Earth's crust. The earliest reference to this gem is by the Greek botanist Theophrastus, who called it "*krystallos,*" which translates to "solid ice," referring to its clear, icelike appearance. While other gems are associated with specific energies and uses, clear quartz is programmable; it holds and magnifies the energies of any intention you set with it. It can also be worked with to boost the power of any other crystal, making it the ideal centerpiece for all your crystal grids.

## CRYSTAL HEALING WITH CLEAR QUARTZ

### Where to use or place on body for healing

Clear quartz can be placed on all the chakras and other energy meridians throughout the body and the auric field. It particularly resonates with the Soul Star Chakra, enhancing your connection with the stars and other higher dimensions and realms, bringing enlightenment and expansion. Carrying clear quartz or wearing it as jewelry heightens your spiritual awareness and deepens meditation practices. Keeping it near your bed can cause your dreams to become more vivid and colorful; however, many people prefer not to have it in their bedroom as its high vibration can make falling asleep more difficult, especially if this is already something you have challenges with.

### For the beginner

If you are new to crystal healing, clear quartz can be used to magnify any intention you set, whether that is love, abundance, healing, spiritual growth—or anything that you can think of! If there is a specific stone you wish to work with but don't own, it can even be programmed to hold that particular vibration in place of it. Simply sit in meditation with a piece of clear quartz, visualize your desired outcome to any situation, and be sure to add the affirmation "This, or something better."

### For the advanced practitioner

Clear quartz will amplify and enhance the expansion of consciousness, ascension energies, interdimensional travel and communication, past-life recall, and access to the Akashic records—the possibilities truly are limitless with this gem! Clear quartz itself is energetically neutral, but its energy of amplification makes it essential to keep your vibe high while working with it, as it will magnify less helpful thoughts as well. Ultimately, clear quartz serves as a channel of energy between the physical and spiritual realms that brings any intention into form.

### CLEAR QUARTZ'S MAGICAL MESSAGE FOR YOU

"Call on me for any reason—to deepen your practice, connect with your guides, or bring healing and abundance. Send out the energy you wish to receive through me so I can magnify it as it comes back to you. Together, the possibilities we can bring into this world are absolutely timeless, formless, and limitless."

**Did you know?**
Clear quartz carries piezoelectricity, which transforms kinetic and mechanical energy into electromagnetic energy. If you tap two pieces together in a dark room, you will see them create internal flickers of lightning.

QUARTZ

# ELESTIAL QUARTZ

ANCIENT WISDOM
LIGHT CODES
PAST LIVES

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil, Madagascar, Namibia, Romania, South Africa, United States |
| CHAKRA CORRESPONDENCE | Soul Star |
| PARTNERS WELL WITH | Brookite, danburite, datolite, herderite, natrolite, petalite, scolecite, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Capricorn |

## ELESTIAL QUARTZ'S JOURNEY TO YOU

Elestial quartz is among the oldest forms of quartz on the planet, imbued with the wisdom of our oldest ancestors. Most comes from Brazil, though pockets are found in Madagascar, often growing with other minerals, including amethyst and cacoxenite. Elestial quartz is characterized by "plating," or overgrowth, that looks like scales. Many elestials formed thousands of years ago on or near water. When water evaporated over time, the skeleton of the original quartz crystal was revealed, trading water pockets for sharp edges of quartz formations. Other elestials trapped their sacred waters within, like a womb; these are the elestial enhydros, meaning "water within," we work with today. Each enhydro has at least one visible water bubble. Within the sacred water awaits a healing miracle for the recipient or bearer. If you encounter an enhydro, consider it a gift from Source. Remember that this water may be thousands or even millions of years old, holding the memory of the first life-forms on our planet.

## CRYSTAL HEALING WITH ELESTIAL QUARTZ

### Where to use or place on body for healing

Elestial quartz activates the Soul Star Chakra, your connection to the stars, planets, and other dimensions. Meditate with elestial quartz and ask it to unlock its wisdom for you. Imagine how water flowed freely around it in ancient times. What was happening on Earth then, and what medicine awaits you once you learn the answer? Perhaps you were alive and serving as a healing priestess. What wisdom does your ancient self have to share with your modern self? The word "elestial" means "to the stars." Let this crystal take you home to the cosmos and return your memory to your own cosmic origin story.

### For the beginner

- Opens the channel to past-life memories, grants access to ancient wisdom, and heals secrets you still hold from the past.
- Raises energy for manifesting your intentions.

### For the advanced practitioner

Elestial quartz carries a very specific frequency and set of ancient light codes that aren't accessible with any other mineral. That's why serious metaphysical practitioners are so drawn to it. Light codes are your access points to your soul's unique gifts: your personal frequency transmissions, your cosmic fingerprints. You express a light code, for example, when you look into another person's eyes or pray for or bless another person. Every living being is encoded at birth with a specific set of codes they are to transmit during their lifetime—and it's the goal of lightworkers to understand their codes and their transmission methods. Light codes are the keys to our freedom.

### ELESTIAL QUARTZ'S MAGICAL MESSAGE FOR YOU

"Your soul is ancient, and you are being deeply called to step forward into the power you have gathered over many lifetimes. Work with me to access the wisdom you need to follow the lightworker's path."

**Did you know?**
In Brazil, elestial quartz is known as jacaré, or alligator, quartz for the way its formation resembles alligator scales.

QUARTZ

# FADEN QUARTZ

ALIGNMENT
HIGHER CONSCIOUSNESS
RENEWAL

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil, United States |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Danburite, moldavite, phenakite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

## FADEN QUARTZ'S JOURNEY TO YOU

Faden quartz gets its name from the German "*Faden,*" meaning "thread." This stone is filled with what looks like white lines—the result of the crystal's fracturing and regrowing over time, with the lines reflecting where the fractures healed. Faden quartz helps you heal your own energetic "fractures," patching any holes in your auric field so that you may attain greater physical and spiritual wellness. Faden quartz possesses a high frequency that will activate each of your chakras, strengthen your vibration, and help you access higher planes for divine healing and expansion of consciousness.

## CRYSTAL HEALING WITH FADEN QUARTZ

### Where to use or place on body for healing

Faden quartz resonates with all chakras and can be placed on any part of the body in need of relief or renewal. When working with faden quartz, tune in to your body and determine where you're holding on to stress or pain. You can hold this gemstone to these parts of you, breathing in deeply as you imagine any heavy or stagnant energies being released. You can also hold a piece of faden quartz to your spine to regain a sense of centeredness, stability, and strength. Faden quartz is also useful for cutting any energetic cords that are holding you back; hover it around your aura to clear your field of unhealthy attachments.

### For the beginner

- Helps you repair and rejuvenate your energetic field.
- Guides you in locating and sealing any holes in your aura that are leaving you feeling drained and depleted. Faden quartz reveals your energetic blueprint of perfection, helping you attain that sense of wholeness.
- Connects you with the consciousness of your higher self, leading you to make the changes needed in order to vibrate at that high frequency.
- Can be programmed with any intention—protection, healing, abundance, or anything you desire.

### For the advanced practitioner

Faden quartz can facilitate astral travel and grant access to parallel realities. This stone opens pathways to higher dimensions, helping you integrate the wisdom of your past, present, and higher selves. Because faden quartz is formed by Earth's natural movement, it also holds messages about the planet's transformation, as well as your personal transformation. Work with this stone to tap into alternate universes, gain insight into your spiritual evolution, and channel messages from your past lives to align more deeply with your highest, most authentic self. The lines of faden quartz remind you that growth is not linear. As a healer, this can be a source of reassurance for clients and friends. This gem becomes a sacred permission slip to be messy and inconsistent sometimes, all parts of the human development process. Only in the spirit world can we be perfected. We are here on Earth to make mistakes, learn, grow, evolve, and try again.

### FADEN QUARTZ'S MAGICAL MESSAGE FOR YOU

"To be marked by life is a blessing. Every time you are broken, you will find a way to heal; every line in your surface holds a message of possibility and transformation."

**Did you know?**
Faden quartz is associated with master number 88, the number of divine abundance.

QUARTZ

# GIRASOL

COMPASSION
OPTIMISM
SELF-EXPRESSION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Madagascar |
| CHAKRA CORRESPONDENCE | Heart, Throat |
| PARTNERS WELL WITH | Amber, amethyst, atlantisite, bloodstone, citrine, diopside, emerald, galena, lepidolite, petalite, serpentine, shattuckite |
| ASTROLOGICAL CORRESPONDENCE | Taurus |

GIRASOL'S JOURNEY TO YOU

Girasol is a form of opalized rose quartz with an adularescent sheen that is created when microscopic droplets of silica-rich water become trapped during the formation of rose quartz crystals. Its name stems from the Italian *"girasole,"* which means "to turn toward the sun" and is also the word for "sunflower," reflecting how these blossoms always face the direction of the sun, just as the gentle, iridescent sheen of girasol also moves toward the light.

CRYSTAL HEALING WITH GIRASOL

### Where to use or place on body for healing

Girasol is a gentle, soothing Heart Chakra stone that brings a sense of hope and optimism. Hold it to your heart space to gain emotional distance from hurtful situations in the past that are affecting you in the present. Placed on the Throat Chakra, girasol supports healthy self-expression. It inspires you to put extra thought into the way you speak to people and consider the effect they may have on others' hearts. Gridded on or around the body, girasol also opens communication with the Divine and expands your aura, infusing it with clarity, calm, love, and compassion.

### For the beginner

- Opens lines of communication in relationships unlike any other stone, bringing peace, deep tranquility, and calm understanding.
- Deepens your connections with the people you care about, in romantic partnerships, within your family, and even in professional engagements.

### For the advanced practitioner

Girasol encourages you to weigh your options before acting impulsively to avoid being hurt or hurting others. It helps you to think first, so you are not faced with regrets later. Girasol strengthens your sense of autonomy and control over your own destiny. It inspires you to take on new creative projects and even branch out on your own in pursuit of magical adventures. Girasol also helps to alleviate anxiety by soothing your heart rate and the release of adrenaline, quieting any emotions that overwhelm you.

### GIRASOL'S MAGICAL MESSAGE FOR YOU

"Be gentle on yourself and let yourself have a little space from your pain. Let me fill your aura with peace, compassion, and love so that you speak your truth in ways that infuse other people's hearts with that same energy."

**Did you know?**
Girasol is only found in Madagascar, in the same mines as rose quartz, but it has a higher water content and often forms in star formations.

QUARTZ

# GOLDEN HEALER QUARTZ

ALIGNMENT
HEALING
PERSONAL POWER

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil, Madagascar, United States |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Citrine, clear quartz, golden danburite, jade, Libyan gold tektite, opal, red jasper, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Capricorn |

## GOLDEN HEALER QUARTZ'S JOURNEY TO YOU

Golden healer quartz is found primarily in Brazil and Madagascar and is well known in metaphysical circles as a self-healing variety of quartz. It gets its color from iron oxide deposits, which add properties of strength, power, healing, and protection. A rare number of Lemurian quartz crystals are golden healers and are especially prized for their properties of empowerment and physical recovery. Legend holds that Lemuria was an ancient island believed to exist on Earth around the same time as Atlantis, which sank beneath the Pacific Ocean thousands of years ago. The inhabitants encoded their wisdom into quartz crystals in the form of horizontal lines across the surface and specific mineral inclusions within. Many today still believe that Lemurian crystals are carriers of the lost civilization's cosmic wisdom. According to Lemurian mythology, golden healer quartz was used for physical healing and balancing the energies of the Divine Masculine and the Divine Feminine, which allowed for perfect harmony, peace, and health. Modern metaphysical practitioners use golden healer quartz for the same purpose, allowing it to help us to anchor into universal love and healing energies for our well-being and the simultaneous evolution of Earth.

## CRYSTAL HEALING WITH GOLDEN HEALER QUARTZ

### Where to use or place on body for healing

Because golden healer quartz activates the Golden Ray, it can return your full luminescent power to you. Crystals of the Golden Ray activate the Solar Plexus Chakra, our personal center of will and power. Place golden healer quartz on this energy center to decide where you need to exercise more balance, control, or will in your life. You can also call the divine and sacred balance of masculine and feminine within your body, mind, and spirit by meditating with golden healer quartz.

### For the beginner

- Restores confidence and your sense of power while magnifying financial success.
- Supports self-healing, prioritizing well-being, and improving good habits.

### For the advanced practitioner

Golden healer quartz helps you locate imbalances that keep you small or stuck along with the internal causes of your illness and suffering. Working with this crystal will help you maintain good habits that align with your highest self and heal your innermost core before working outward to your physical body, and even healing the energetic flow in your surroundings.

### GOLDEN HEALER QUARTZ'S MAGICAL MESSAGE FOR YOU

"To have a true impact on the world, the first step you must take is to heal yourself. From there, you can spread healing to your surroundings, the people you love, your community, and even the globe."

### Did you know?

The first recorded use of golden healer quartz was in the 1800s in jewelry, decorative weapons, and art after it was discovered in the Saxony region of Germany.

QUARTZ

# HERKIMER DIAMOND

DIVINE CONNECTION
HEALING
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | United States (New York) |
| CHAKRA CORRESPONDENCE | Third Eye, Crown |
| PARTNERS WELL WITH | Amethyst, celestite, danburite, kunzite, moldavite, seraphinite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## HERKIMER DIAMOND'S JOURNEY TO YOU

Herkimer diamond is said to be the highest-vibrational crystal on the planet. It's a form of double-terminated quartz collected by gem lovers because of its rarity and clarity. It formed in the cracks and fissures of the dolomite bedrock in the Herkimer Valley and is close to 500 million years old. Indigenous Americans, most notably the Mohawk tribe, recognized the sacred nature of these gems, referring to them as "spirit stones" and burying them with their loved ones when they passed away. Modern metaphysical practitioners often work with them in place of real diamonds because they carry similar energetic frequencies but are, of course, much less expensive and guaranteed to be ethically mined.

## CRYSTAL HEALING WITH HERKIMER DIAMOND

### Where to use or place on body for healing

Herkimer diamond activates your upper chakras, and placing it above your head during meditation will connect you to your higher self. This stone's pure, high frequency counteracts the effects of many diseases and illnesses when worn on or gridded around a person, radiating its white light of healing energy throughout the physical and auric bodies.

### For the beginner

- Helps to lift your awareness out of the lower chakras and opens the higher chakras to shift your perspective away from physical discomfort.
- Can heal the mind, body, and spirit instantaneously and permanently.
- Boosts your ability to triumph in times of challenge and fear.

### For the advanced practitioner

Herkimer diamond carries and attunes you to the highest possible frequencies on our planet at this time. It's a preferred tool for healers from many traditions because it aligns with Source energy, opens psychic channels, and raises personal and planetary vibrations. Like all forms of quartz, Herkimer diamonds broadcast their power and magnify that of other gems; with a Herkimer nearby, small stones feel larger and soft stones grow stronger. They're also powerful companions when you engage in dream work, astral travel, and dimensional shifting. Herkimer diamonds align with Source energy and are accurate transmitters of universal wisdom.

### HERKIMER DIAMOND'S MAGICAL MESSAGE FOR YOU

"I align with and vibrate with the purest of universal energies. Work with me to amplify your intentions and experience amazing spiritual expansion and ascension."

### Did you know?

When Herkimer diamonds were first discovered, they were mistaken for real diamonds. It was only when a mineralogist visited from New York that they were correctly identified as quartz.

QUARTZ

# LEMURIAN ROOT CRYSTALS

ANCIENT WISDOM
SPIRITUAL AWARENESS
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil |
| CHAKRA CORRESPONDENCE | Crown, Soul Star |
| PARTNERS WELL WITH | Celestite, clear quartz, Herkimer diamond, larimar, moldavite, morganite, petalite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## LEMURIAN ROOT CRYSTAL'S JOURNEY TO YOU

The ancient Lemurians knew well that gemstones, particularly quartz crystals, were easily programmed to hold, send, and receive information. Perhaps that's why their elders encoded their wisdom into Lemurian root crystals. They intended that once human civilization was ready to return to the Lemurian ideals of universal love and united consciousness, the root crystals could release their stored wisdom to those prepared to receive and transmit it. Lemurian root crystals are a rare form of Lemurian quartz that is difficult to find in the marketplace today but may contain additional light codes for healing and transformation not yet discovered or activated.

## CRYSTAL HEALING WITH LEMURIAN ROOT CRYSTALS

### Where to use or place on body for healing

To meditate with and download wisdom from your Lemurian root crystal:

**1.** Hold the crystal in your receptive (for most people, the left, nonwriting) hand and close your eyes.

**2.** Run your fingertips over the horizontal lines, referred to as the "stairway to heaven" in metaphysical circles, beginning at the base of the crystal and working your way to the tip.

**3.** Once you reach the last line, keep your finger or thumb there and focus your third eye on any visions that emerge.

At the last line of encoded knowledge, new levels of wisdom are activated every time you meditate.

### For the beginner

- Brings ultimate clarity with its pristine beauty and high vibrations of spiritual awareness.
- Relieves stress and opens your mind to the wisdom that has always been there, hidden beneath the surface.
- Helps with dream recall and calms the central nervous system.

### For the advanced practitioner

Lemurian root crystals expand your consciousness. They are the master teachers in the mineral kingdom and anchor our planet's universal light grid. Call upon them to advance your personal learning and accelerate our planet's ascension. They also activate a deeper knowing within the bearer, a reminder of paths previously walked and lessons previously learned so old mistakes do not recycle into new patterns of behavior.

### LEMURIAN ROOT CRYSTAL'S MAGICAL MESSAGE FOR YOU

"Work with me to unlock ancient light codes and universal wisdom from the Lemurian civilization. If you feel called to my vibrations, it may be possible that you experienced one or many past lives as a part of this loving, kind, and immensely wise culture. Allow me to reconnect you with this part of your soul."

**Did you know?**

Lemurian quartz has grown in multiple colors, each with inclusions of unique minerals. Golden Lemurians are high in iron content, while pink Lemurians are rich in lithium deposits.

QUARTZ

# LITHIUM QUARTZ

BALANCE
INNER WISDOM
SERENITY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Ajoite, celestite, danburite, kunzite, lepidolite, petalite, ruby, scolecite, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## LITHIUM QUARTZ'S JOURNEY TO YOU

Lithium quartz has inclusions of natural lithium, which gives it a pale pink to purple color. This inclusion balances and stabilizes your mood, bringing an optimistic outlook to life. The amount of lithium varies in each stone, affecting the intensity of its color. Lithium quartz is known to contain other minerals as well, such as manganese, aluminum, iron, and kaolinite.

## CRYSTAL HEALING WITH LITHIUM QUARTZ

### Where to use or place on body for healing

Lithium quartz activates the Crown Chakra to access your inner wisdom, connection to spirit realms, and attunement to the universe. Placed here, this gem helps you channel vibrations of tranquility and surrender and brings your mind and body into a state of balance and ease. Lithium quartz is also a heart-healing stone when held against the Heart Chakra; it alleviates stress and soothes the nerves, allowing you to relax and approach life from a more balanced heart space.

### For the beginner

- Promotes restful and restorative sleep.
- Provides relief from low-vibrational energies and moods, helping you to experience calm and tranquility, which eases you into deeper meditation.
- Encourages heartfelt spiritual connections with other people and aids letting go of the need to control the outcome of any particular situation.

### For the advanced practitioner

Lithium quartz is said to reduce the intensity and frequency of anxiety attacks, especially in relation to PTSD, as it helps to release underlying trauma gently. It reduces stress and relieves stress-related hormone imbalances in the body. Lithium quartz is helpful when attached to the underside of your healing table, as it sends calming energies throughout the whole session with a client and enhances the flow of healing energy. Worked with in this way, it also encourages harmony with your client and empathy for what they are going through. Lithium quartz is the only type of quartz that can be kept in the bedroom without disrupting sleep and dream cycles.

### LITHIUM QUARTZ'S MAGICAL MESSAGE FOR YOU

"Embrace peace, stillness, and calm as you work with my soothing energies. Carry me with you to feel balanced and relaxed in all situations."

**Did you know?**
The only currently known location where lithium quartz can be found is in one remote area of Minas Gerais, Brazil.

QUARTZ

# LODOLITE (GARDEN QUARTZ)

SHAMANIC JOURNEYING
PAST LIVES
WELLNESS

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil |
| CHAKRA CORRESPONDENCE | Root, Soul Star |
| PARTNERS WELL WITH | Amphibole quartz, black obsidian, labradorite, lapis lazuli, moldavite, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Aquarius |

## LODOLITE'S JOURNEY TO YOU

Lodolite, also known as garden quartz or shaman's dream stone, is pure magic. Within this piece, history and time are captured. It is only mined in one place in the world: Minas Gerais, Brazil. Healers call this the Worlds Within Stone and work with it for spirit guide connection and to access power animals during journeys. Lodolite holds an array of healing inclusions, such as amphibole quartz, kaolinite, chlorite, actinolite, lithium, black tourmaline, and gold rutile. Every inclusion brings its own unique healing properties, which are only amplified by being inside the quartz.

## CRYSTAL HEALING WITH LODOLITE

### Where to use or place on body for healing

Lodolite activates the Root and Soul Star chakras for an open channel from Earth to Spirit. It leads you on a transformational journey, revealing your inner strength and courage. Holding or gazing into lodolite will intensify your experience during shamanic journeys, and you'll experience heightened states of consciousness during meditation.

### For the beginner

- Attracts angels and energies of forgiveness and peace.
- Aids any journeying work, deepens meditation practice, and facilitates dream recall.
- Brings recovery, relaxation, and tranquility to the physical body.

### For the advanced practitioner

Lodolite cleanses the auric field and environment of any harmful or toxic energies, clearing the way for vibrancy. It boosts your sense of self-belief and paves the way for you to manifest all your dreams and goals. Lodolite facilitates deep journey states to explore your full inner landscape, both your dreams and your fears, so you can emerge integrated and transformed. It stimulates interdimensional communication with your guides and guardians from higher realms and enhances the vividness of your dreams, even assisting with lucid dreaming.

### LODOLITE'S MAGICAL MESSAGE FOR YOU

"Allow me to act as a clear channel of light, love, and well-being to guide you through meditation, medicine journeys, and past-life discovery."

**Did you know?**

*"Lodo"* is a Portuguese word that means "mud," referring to the landscape-like inclusions within the stone.

QUARTZ

# PINK LEMURIAN QUARTZ

COMPASSION
COSMIC LOVE
DIVINE FEMININE CONNECTION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Brazil |
| CHAKRA CORRESPONDENCE | Heart, Crown, Soul Star |
| PARTNERS WELL WITH | Azeztulite, blue quartz, celestite, gem silica, Herkimer diamond, kunzite, larimar, moldavite, morganite, petalite, rose quartz, Satyaloka quartz, Siberian quartz |
| ASTROLOGICAL CORRESPONDENCE | All |

## PINK LEMURIAN QUARTZ'S JOURNEY TO YOU

Pink Lemurian quartz was discovered in Minas Gerais, Brazil, and gets its color from the presence of hematite layered throughout the crystal during the growth process. Like all varieties of Lemurian quartz, this stone is said to hold the wisdom of Lemuria. Pink Lemurian quartz, in particular, opens the Heart Chakra and brings love, healing, and Divine Feminine magic.

## CRYSTAL HEALING WITH PINK LEMURIAN QUARTZ

### Where to use or place on body for healing

Pink Lemurian quartz is a recommended guide for meditation, ritual, and all forms of spiritual work. Hold this gem to your heart space to call on its soothing feminine energy, or work with it when performing divination to channel wisdom from Lemuria regarding your spiritual expansion. It's said that the grooves or markings on Lemurian quartz (sometimes called "ladder of the gods" or "staircase to heaven") contain hidden messages for you to decode; run your fingers over these markings in meditation to begin uncovering what they wish to share with you.

### For the beginner

- Opens you to divine wisdom and healing. It connects you with your spirit guides and their healing power, imparting you with peaceful, balancing energies straight from the higher realms.
- Provides support to those new to spiritual work as you connect with higher dimensions. It aids dream recall, clears the emotional body, uplifts your frequency, and attunes you to the energy of divine love.
- Channels the energy of the Divine Feminine, surrounding you in nurturing energy and strengthening your ability and willingness to receive.
- Deepens sensuality, transmutes low vibrations, and opens chakras and energetic access points for healing.

### For the advanced practitioner

Pink Lemurian quartz propels spiritual expansion, deepens awareness, and aids shamanic journey work. This gem is useful for channeling and sending information across dimensions. It also holds great power over the Heart Chakra and is a useful tool for clearing the heart space of generational trauma so that you may open up to universal love energy. This stone returns you to divine states of awareness and helps you embody your most authentic and highest self.

### PINK LEMURIAN QUARTZ'S MAGICAL MESSAGE FOR YOU

"Allow cosmic wisdom to enter your heart and reconnect you with the love of the Divine. Walk toward the future with faith. You are loved unconditionally, held in the light of the stars."

**Did you know?**

All Lemurian seed crystals are believed to be master healers and contain codes specific to the user.

# ROSE QUARTZ

COMPASSION
EMOTIONAL HEALING
LOVE

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Australia, Brazil, Canada, Czech Republic, Germany, Madagascar, South Africa, Sweden, United States (Arizona, California, Colorado, Connecticut, Maine, New Hampshire, New York, North Carolina) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Emerald, garnet, kunzite, morganite, pink calcite, pink tourmaline, rhodochrosite, rhodonite, ruby |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Libra |

## ROSE QUARTZ'S JOURNEY TO YOU

Rose quartz is a form of pink quartz that gets its color from varying amounts of titanium, iron, and manganese. It was reputedly gifted as a love token as far back as 600 B.C.E. In Greece and Rome, rose quartz was seen as a gift from Cupid and Eros—the Roman and Greek gods of romantic love, respectively. Romans believed rose quartz prevented early aging and manifested deep soul connections; stories with origins in Egypt say Cleopatra placed pieces of this lovely pink stone in her milk-based facial and bath elixirs. Today, rose quartz is commonly used in spells and enchantments to attract romantic and spiritual love.

## CRYSTAL HEALING WITH ROSE QUARTZ

### Where to use or place on body for healing

If you *love* love, rose quartz speaks your frequency. It is known as the mother of all love stones, for it activates universal and unconditional love, known as agape in ancient Greek. Rose quartz is one of my favorite gems for heart healing and manifesting all kinds of love. Hold it close to your chest to open your Heart Chakra, reawaken trust, and dissolve negative energies. Rose quartz can also be carried to bring serenity during times of transition and change.

### For the beginner

- Supports your intention to give and receive true love and deep affection.
- Heals the heart, opens the Heart Chakra, and attracts and magnifies love of all kinds.
- Raises a vibration of love that reverberates across space and time and can call back to you the same frequency of love that you emit.

### For the advanced practitioner

Rose quartz is considered the universal stone of peace and unconditional love—love for self, others, and all of creation. It magnifies love and represents bonds that transcend time and space. It can help bring true heart healing to those who have suffered trauma or carry emotional wounds from their past. As well as drawing love to you, it also enables you to break down any barriers you may have built around your heart so that you can be open to receiving the love that you attract. It is said that rose quartz can even be gifted to strangers as a way to spread compassion throughout the world.

### ROSE QUARTZ'S MAGICAL MESSAGE FOR YOU

"I am the stone of universal love energy. If your heart space needs healing in order to give and receive love, I am your ally. Meditate with me to lower your walls, initiate self-love, and love others more deeply."

### Did you know?

There are records throughout history of expectant mothers wearing rose quartz as a talisman to protect the developing embryo and form bonds of love with their baby while it is still in the womb.

QUARTZ

# SMOKY QUARTZ

PURIFICATION
PROTECTION
GROUNDING

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | Australia, Brazil, Madagascar, Switzerland, United States (Colorado, Maine, North Carolina) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Black tourmaline, obsidian, sardonyx, tourmalinated quartz |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius, Capricorn |

## SMOKY QUARTZ'S JOURNEY TO YOU

Smoky quartz gets its name from its smoky color, which is caused by gamma rays—both natural and artificial. It's found in shades of brown, black, and gray and is the national gemstone of Scotland, where it has historically been carved into weapons and used to adorn apparel. Today, this stone is known as a talisman of protection, grounding, and purification. Some say the reason it has its smoky color is that when it was formed, it absorbed and trapped all the negative energies from the world around it; smoky quartz keeps all the negative vibrations away from you, trapping them within itself.

## CRYSTAL HEALING WITH SMOKY QUARTZ

### Where to use or place on body for healing

For those in search of energetic safeguarding, smoky quartz is a powerful tool. This stone is capable of absorbing and transmuting negative energies to keep the surrounding environment high and pure in frequency. Keep smoky quartz by your front door to ward off bad spirits, or carry a piece with you in your pocket or purse to shield your aura as you go about your day. You can also incorporate smoky quartz into healing work, holding it to any part of the body in need of cleansing and healing. Meditate with smoky quartz to raise your personal frequency for greater joy, wellness, and peace.

### For the beginner

- Grounds, purifies, and stabilizes. This gem is useful for coming back into your body after spiritual work. It keeps you centered, purifies negativity, and safeguards you from harmful vibrations.
- Helps you focus by keeping you in the present moment and encouraging patience and practical thinking.
- Promotes minimalism, guiding you to find happiness in the simple things in life.
- Helps you work through interpersonal and internal conflicts.

### For the advanced practitioner

Smoky quartz grants access to the ethereal realms and in particular activates the gift of psychic sight—clairvoyance. Having this gem with you is helpful when undergoing major medical or health therapies, to transmute side effects and restore balance. This stone also clears heavy energy from the aura and sends it back to Gaia, allowing negative vibrations to be clarified and transmuted. For those who often work with higher realms in spiritual work, smoky quartz helps one regain a sense of centeredness, balance, stability, and safety.

### SMOKY QUARTZ'S MAGICAL MESSAGE FOR YOU

"You are powerful and pure, restored to a divine state of innocence and safety. All negativity has been cleared away, and you may now know peace through my gifts of transmutation."

**Did you know?**

Historically, smoky quartz has been used to adorn the handles of weapons like the Scottish sgian dubh, a knife that's part of Scotland's kilted dress uniform and is typically kept in a person's sock.

QUARTZ

# SPIRIT QUARTZ

DIVINE CONNECTION
HARMONY
SPIRITUAL EVOLUTION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal, trigonal |
| PLACES OF ORIGIN | South Africa |
| CHAKRA CORRESPONDENCE | Solar Plexus, Crown |
| PARTNERS WELL WITH | Amethyst, chiastolite, rainbow moonstone, staurolite, watermelon tourmaline |
| ASTROLOGICAL CORRESPONDENCE | Virgo, Aquarius, Pisces |

## SPIRIT QUARTZ'S JOURNEY TO YOU

Spirit quartz occurs when a main, central quartz point begins to grow a second generation of terminations on the surfaces of its long prism faces, resulting in a spiky, cactuslike appearance. This is why many people call this gem cactus quartz or fairy quartz, alluding to its many sparkling points and facets. Spirit quartz is only found in Mpumalanga, South Africa, and this formation can also occur on amethyst, citrine, and smoky quartz points. It's a relatively new crystal discovery, first found in 1986. As of yet, nobody quite knows why these crystals form this way in this particular location, only adding to their mystery and allure.

## CRYSTAL HEALING WITH SPIRIT QUARTZ

### Where to use or place on body for healing

Place spirit quartz anywhere on the body to align and integrate all of the chakras with the aura and physical body. Spirit quartz has the ability to merge the everyday human self with the higher self and connects you to the Divine when placed directly on the Crown Chakra during meditation. As a Crown Chakra stone, spirit quartz also connects you with your spirit guides and the angel realm. When you meditate with spirit quartz, envision your entire being coming into alignment, surrounded by the love of Source and compassion and protection of the Violet Ray. You can also work with it in your healing crystal grids and add it to your altars.

### For the beginner

- Magnifies the good you do in the world. When you act generously or with love and compassion, spirit quartz amplifies your actions with a ripple effect that spreads your positive energy out to your community and even around the world.
- Accelerates your spiritual evolution, frees you from fear, and brings divine peace of mind.

### For the advanced practitioner

Spirit quartz is known as a master healer that cleans and clears out energetic blockages, activating all energy centers and detoxifying the body in the process. In meditation, spirit quartz is said to help you access multiple dimensions at the same time. While connecting with the deep wisdom held within the earth, you can also commune with your angels and guides in the higher realms while simultaneously integrating energy from both dimensions into your body on the physical plane. Spirit quartz heightens dream work, journeying, and astral travel. It also helps heal issues around fertility.

### SPIRIT QUARTZ'S MAGICAL MESSAGE FOR YOU

"Healing light emanates from every tiny crystal that adorns each of my faces. I will relieve your fears and support the awakening and development of your spiritual awareness."

**Did you know?**

Spirit quartz was named after its many terminations, which resemble clusters of spirit guides and allies.

QUARTZ

# TANGERINE QUARTZ

CREATIVITY
PASSION
SEXUALITY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Brazil, Madagascar |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Carnelian, fire opal, golden labradorite, orange calcite, sunstone |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## TANGERINE QUARTZ'S JOURNEY TO YOU

Tangerine quartz gets its name from its color, which ranges from red to orange. This stone is formed with hematite and water, and its vibration is playful and uplifting, encouraging optimism, inspiration, and curiosity. Tangerine quartz is a powerful Sacral Chakra healer, helping you activate new levels of passion and creativity. This gem is also known to be a talisman of Kundalini awakening and a potent aphrodisiac, boosting sex drive and enhancing pleasure and desire. Tangerine quartz is a great choice for writers, painters, musicians, and artists—anyone who expresses their energy through creation.

## CRYSTAL HEALING WITH TANGERINE QUARTZ

### Where to use or place on body for healing

For creators of all kinds, tangerine quartz is a powerful stone to keep close. This gem connects you with your inner child, helping you create from a place of curiosity and playfulness. Keep tangerine quartz in your workspace or when visualizing new artistic projects to ignite your desires and help bring them to fruition. Tangerine quartz can also be incorporated into healing work, especially to open and activate your Sacral Chakra. Hold tangerine quartz to this energy center to deepen intimacy, tap into your sexuality, and reignite your zest for life. This gem is useful for couples looking to rekindle the spark in their relationship.

### For the beginner

- Encourages self-acceptance and evokes the innocence and joy of your inner child. It opens you up to new possibilities and helps you move toward the future with a sense of courage and hope.
- Boosts vitality; stimulates passion, curiosity, and creativity; and provides encouragement as you move forward on your path.
- Reignites the spark in relationships. Tangerine quartz is a potent Sacral Chakra stone, boosting sex drive and improving sexual endurance.

### For the advanced practitioner

Tangerine quartz is a stone of Kundalini awakening. This stone attunes you to the creative power of the universe, helping you reach all-new levels of sexual and artistic power. Tangerine quartz helps you draw inspiration from deep within, guiding you to embody the fearless sense of curiosity and imagination you held in your youth. This gem can be programmed with your artistic intentions, serving as a conduit through which your visions can manifest more quickly and powerfully. Last, tangerine quartz encourages the pursuit of new knowledge, helping you release any inhibitions keeping you from understanding yourself and the world around you more deeply.

### TANGERINE QUARTZ'S MAGICAL MESSAGE FOR YOU

"You are free to imagine, play, and create! Explore the worlds within and around you without fear."

### Did you know?

Tangerine quartz is known as the stone of "putting the past in the past," helping you move forward from old hurt and embrace the future with enthusiasm.

QUARTZ

# TIBETAN QUARTZ

EARTH WISDOM
HEALING
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Nepal, Tibet |
| CHAKRA CORRESPONDENCE | Earth Star |
| PARTNERS WELL WITH | Faden quartz, Lemurian quartz, lithium quartz, moldavite, phenakite |
| ASTROLOGICAL CORRESPONDENCE | All |

## TIBETAN QUARTZ'S JOURNEY TO YOU

Tibetan quartz is a variety of clear quartz with carbon and hematite inclusions that transmits sacred healing codes that can be linked to ancient holy traditions. Tibetan quartz is mined at a 15,000-foot elevation in the Ganesh Himal mountain range, which is in Nepal and on the Tibetan border. It comes from mines that are closed 80 to 90 percent of the year due to weather restrictions. These mines are beyond the reach of traditional machinery, so the crystals must be brought down the mountainside in sacks by hand. Many are enhydro, or water filled, with droplets of ancient healing water that can be seen by gently moving the quartz from side to side. It's said that when Atlantis fell, a brotherhood of high priests fled to Tibet and the Himalayas. There they struck a balance between the conflicting Divine Masculine and Divine Feminine energies on the planet. Tibetan quartz is encoded with this wisdom to help manifest both global peace and serenity within the human heart.

## CRYSTAL HEALING WITH TIBETAN QUARTZ

### Where to use or place on body for healing

Tibetan quartz is a master healer of the Earth Star Chakra. It carries you right back to the arms of the Great Earth Mother so that she can fortify and support you. Tibetan quartz is the only form of quartz capable of transmuting energy associated with physical disease because of its high carbon and hematite content; double-terminated Tibetan quartz crystals can be used to remove illness energies from the subtle body using shamanic healing and extraction techniques. Held in meditation, Tibetan quartz channels the wisdom of the planet's evolution after the time of Atlantis.

### For the beginner

- Addresses the energetic imbalances behind autoimmune conditions. It's one of my go-to crystals for alleviating central nervous system issues for this reason.
- Clears the auric body of blockages and stagnant energy, grounds you to the stability of the earth, and also embodies protective and purifying properties.
- Aligns your chakras and cultivates greater wellness of body, mind, and spirit when used in healing rituals and ceremonies.

### For the advanced practitioner

Tibetan quartz supports you as you explore your soul gifts, especially if fear or lack of self-worth has been holding you back. As a master healer, Tibetan quartz unlocks your body's innate healing abilities by aligning the chakras, clearing the auric body, and grounding you at the same time. In addition to its potent healing abilities, Tibetan quartz expands your consciousness to help you understand and integrate messages and frequencies from higher dimensions.

### TIBETAN QUARTZ'S MAGICAL MESSAGE FOR YOU

"Your body and spirit are protected and healed as I fill you with energy and light. Feel deeply connected to the earth and all her loving wisdom as your body comes into a space of alignment and wellness."

**Did you know?**
We've only been able to mine Tibetan quartz for the past 50 years—imagine what ancient wisdom and healing power these crystals have stored up!

# RED CORAL

FERTILITY
POWER
LIFE-FORCE ENERGY

| | |
|---|---|
| MOHS HARDNESS | 3.5 |
| CRYSTAL STRUCTURE | Organic |
| PLACES OF ORIGIN | Adriatic Sea, Atlantic Ocean, Mediterranean Sea |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Carnelian, garnet, red aventurine, red jasper |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## RED CORAL'S JOURNEY TO YOU

Red coral grows in colonies and thrives in areas with strong currents, typically found at around 700 to 1,500 meters' depth. Since ancient times, this material has been revered as a source of healing, protection, and beauty. Red coral jewelry has been discovered among the remains of ancient Egyptians, who believed the mineral would ensure their safe passage after death. In ancient Celtic culture, red coral was said to provide protection during battle and was a popular adornment for breastplates and helmets. Today, it's known to boost fertility and power, enhance courage and strength, and boost life-force energy. Red coral is also known to calm and ground the spirit, imparting a sense of safety and security.

## CRYSTAL HEALING WITH RED CORAL

### Where to use or place on body for healing

For those looking to feel more secure and centered, red coral is a wonderful choice. This mineral activates the Root Chakra, which is located at the base of your tailbone and is your center of stability and grounding. Hold red coral to this energy center to stabilize your energy and root yourself in the physical plane. This mineral is especially useful for coming back into your body after meditation or any form of spiritual work. Energizing and strengthening, red coral is also an ideal choice for artists, athletes, or anyone who expends high levels of energy daily. Because of its watery origins, red coral is also linked to the moon and its Divine Feminine wisdom. By strengthening and revitalizing energies in the auric field, red coral offers healing, nurturing, protecting energies to the bearer. Because of its protective nature, red coral is an ideal ally to keep in your car, home, or anywhere else you may need energetic safeguarding.

### For the beginner

- Stimulates life-force energy, boosts fertility, and enhances courage and strength. This mineral clears spiritual blockages, encouraging the flow of prana throughout the body.
- Pulls you into your physical body and imparts a sense of safety and security.
- Stimulates confidence, promotes action, boosts stamina, and helps you move through laziness or procrastination.
- Helps you initiate new ideas and projects and supports you as you pursue goals in alignment with your highest good, bringing good fortune.

### For the advanced practitioner

Red coral serves as a link to some of the earth's deepest magic. This material embodies pure life-force energy and is linked with Mars, the planet of strength, vitality, and sexuality—often considered the lifeblood of the ocean. Working with red coral is a potent way to calm the emotional body and encourage the healthy, balanced assertion of power. In addition, red coral provides support as you recover from past-life trauma. It helps you release energetic baggage and embrace the future with confidence.

## RED CORAL'S MAGICAL MESSAGE FOR YOU

"The wisdom found in the sea is reflected in your very own body. You are a wave, strong and unstoppable—capable of softening mountains into sand."

### Did you know?

Red coral can live for up to 100 years!

# RHODIZITE

CONFIDENCE
EMPOWERMENT
MANIFESTATION

| | |
|---|---|
| MOHS HARDNESS | 8–8.5 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Madagascar, Russia |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Arfvedsonite, carnelian, citrine, yellow aventurine |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus |

## RHODIZITE'S JOURNEY TO YOU

Rhodizite gets its name from the Greek "*rhodizein,*" meaning "rose colored"—a reference to the rose-red hue that appears when this stone is touched by flame. More than anything, rhodizite is an attraction stone. It boosts self-esteem and confidence, strengthens psychic abilities, amplifies the energies of other crystals, and provides support and power as you manifest your intentions. Rhodizite crystals are usually quite small—faceted rhodizite rarely exceeds 1 carat—but this gem holds a surprisingly intense vibration. By stimulating the Solar Plexus Chakra, rhodizite boosts willpower and helps you assert yourself, leading you to courageously create the life of your dreams.

## CRYSTAL HEALING WITH RHODIZITE

### Where to use or place on body for healing

Rhodizite's magic is deeply felt in the Solar Plexus Chakra, where you manifest all the things you create; think of it as your personal sun, emanating warmth into your life. Hold rhodizite to this energy center as you focus your energy on the intentions you wish to bring to life. Rhodizite is an important stone to keep close as you write affirmations, create vision boards, or perform any other work related to manifestation. Rhodizite is the law of attraction in crystal form—it shifts your frequency in a positive way, helping you attract high-vibrational people and situations into your life. You can place rhodizite in your creative space, on your desk, or anywhere you wish to infuse with its strengthening and motivating magic.

### For the beginner

- Provides a potent boost in confidence to those struggling with self-esteem, helping you step into your power and assert yourself when needed.
- Strengthens the energies of other crystals. Add rhodizite to your collection of gems to amplify your other stones' properties, or make gemstone jewelry with rhodizite to magnify your intentions.
- Soothes negative emotions and leads you to live life from a place of joy and enthusiasm.

### For the advanced practitioner

Rhodizite is a stone of psychic awakening. This gem guides you through out-of-body experiences, facilitating astral travel and past-life regression. You can work with rhodizite to transport yourself to alternate dimensions and uncover messages from the past to inform your present and future. In addition, rhodizite enhances dream work and promotes lucid dreaming, making it a great ally to hold close in meditation or keep in your pillowcase as you sleep. This gem grounds your spiritual body in the physical realm and activates spiritual vision, telepathy, and other psychic gifts.

### RHODIZITE'S MAGICAL MESSAGE FOR YOU

"Do you believe that you are deserving of all that you desire? Hold on to the truth that what you search for is already yours. As Rumi reminds us, what you seek is also seeking you."

### Did you know?

Rhodizite is capable of amplifying the energies of other gems, especially healing stones. Keep rhodizite near your healing crystals to magnify their abilities.

# RHODO-CHROSITE

COMPASSION
LOVE
EMOTIONAL HEALING

| | |
|---|---|
| MOHS HARDNESS | 4 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Argentina, China, Japan, Peru, South Africa, United States (Colorado, Montana) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Malachite, pink tourmaline, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Leo, Scorpio |

## RHODOCHROSITE'S JOURNEY TO YOU

Known as the Rose Stone, rhodochrosite is a healing gem of compassion, love, and self-awareness. "*Rhodon*" is Greek for "rose," and holding this crystal is like holding a flower in your hands. This gem was named in 1813 by Johann Friedrich Ludwig Hausmann and is typically found in shades of raspberry red and pink. Rhodochrosite is a stone of the heart center—the crystal expression of divine love. It reconnects you with your inner child and reminds you that you're a free, loving being with an infinite capacity to grow, learn, and connect. This gem emanates tender, peaceful energy that heals emotional wounds and restores you to a state of innocence, serenity, joy, and trust.

## CRYSTAL HEALING WITH RHODOCHROSITE

### Where to use or place on body for healing

Rhodochrosite is a loving stone, capable of opening, healing, and activating the Heart Chakra. Hold this gem to your heart space to soothe past hurt and release any pain you may be holding on to. Rhodochrosite is also one of the most potent stones for connecting with your inner child. Work with this crystal during meditation or visualization to show your inner child the unconditional love and care they deserve and restore your sense of hope and wonder. Rhodochrosite is also a recommended gem to keep in your home or anywhere you wish to surround in serene, loving vibrations.

### For the beginner

- Embodies kindness, love, and possibility.
- Heals emotional wounds and past trauma.
- Connects you with your inner child, encouraging playfulness, creativity, free expression, and happiness.
- Renews hope after heartbreak, opens you up to new soul connections more deeply aligned with your highest good, and helps you love without fear.

### For the advanced practitioner

Rhodochrosite is a powerful stone for recovering from past emotional wounds. This gem helps you acknowledge painful memories from childhood or past lives so that you may begin to heal and return to a state of serenity and wholeness. In addition, rhodochrosite helps you rediscover the spiritual and creative talents that you may have lost due to pain or heartbreak. It helps you approach life from a more lighthearted and playful perspective, encouraging you to see the joy and beauty around you. Last, rhodochrosite deepens self-love, helping you show yourself unconditional compassion so that you may extend that same energy to the world.

### RHODOCHROSITE'S MAGICAL MESSAGE FOR YOU

"Set your inner child free today. Create, love, and play the way you did back then. You are safe right here, right now."

**Did you know?**
Most pink gemstones like rhodochrosite activate the Heart Chakra. Rhodochrosite in particular is a cardiac healing stone for physical heart challenges and infirmities.

# RHODONITE

COMPASSION
GENEROSITY
SHADOW WORK IN LOVE

| | |
|---|---|
| MOHS HARDNESS | 5.5–6.5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Australia, Brazil, Peru, Russia, Sweden, United States (Colorado, Massachusetts, New Jersey, North Carolina) |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Emerald, moss agate, pink calcite, rose quartz, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Taurus |

## RHODONITE'S JOURNEY TO YOU

Rhodonite was named in 1819 by Christoph Friedrich Jasche and got its name from the Greek *"rhodon,"* meaning "rose." This gem often contains black dendritic inclusions of manganese oxide, which enhances its physical healing potency. Rhodonite is a stone of compassion, love, and altruism. It creates a bridge between the Root and Heart chakras, helping you feel grounded and stable in love. Rhodonite encourages soul connection and is also useful for tapping into your hidden talents. Its manganese inclusions bring a layer of healing power, promoting wellness of the body and spirit. Compared to other heart-healing stones, the love that rhodonite emanates is directed more outward than inward.

## CRYSTAL HEALING WITH RHODONITE

### Where to use or place on body for healing

Rhodonite is a stone of the heart space, powerful in healing any issues you may be holding on to in the realm of love. This stone opens a channel between the Root and Heart chakras, allowing you to experience deeper connection and compassion while staying stable and grounded. Hold rhodonite to your Heart Chakra in meditation or give it to a loved one to deepen your bond and encourage harmony and tenderness in your relationship. Rhodonite is a wonderful stone to keep in the home or anywhere you wish to surround with serene, loving energy. Its gentle vibration also makes it an ideal gemstone for children.

### For the beginner

- Offers love, compassion, and generosity and clears any negative self-talk or feelings of insecurity that may be holding you back from love.
- Helps you feel more loving toward the world around you.
- Promotes generosity and altruism, guiding you to lead a life of compassion and kindness and deepening your ability to experience and receive love in the process.
- Supports the physical body, encouraging wellness and purity of both your physical and spiritual forms.

### For the advanced practitioner

This stone reveals both the light and shadow sides of love, helping you accept both with an open heart. Rhodonite aids inner exploration, helping you better understand your thoughts and dreams and gain clarity on your soul's destiny; in this way, it makes a powerful guide in meditation, dream work, and any other form of spiritual practice. Rhodonite aligns you with your highest path and draws out your divine gifts, leading you to utilize them to serve the highest good of all. It also attracts people and opportunities that align with your soul path. Last, rhodonite boosts self-esteem, helping you feel worthy of compassion and connection.

### RHODONITE'S MAGICAL MESSAGE FOR YOU

"Love the world, and it will love you in return."

**Did you know?**

Rhodonite is also known to support weight loss by helping you release trauma of the heart from past experiences and wounds.

# RUBY

LOVE
PASSION
PURPOSE

| | |
|---|---|
| MOHS HARDNESS | 9 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Afghanistan, Australia, Cambodia, France, Madagascar, Myanmar, New Zealand, Pakistan, Tanzania, United States (Indiana, New Jersey) |
| CHAKRA CORRESPONDENCE | Root, Heart |
| PARTNERS WELL WITH | Blue kyanite, carnelian, emerald, fuchsite, garnet, gold, morganite, moss agate, rose quartz, zoisite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Leo, Scorpio, Sagittarius |

## RUBY'S JOURNEY TO YOU

A chromium-rich form of corundum, ruby is the queen of the gemstone world and the birthstone of all July babies. Traditionally, rubies were worn by royalty and can be rarer and more valuable than diamonds. Today, crystal healers rely on ruby for passion and use it to heal heartache. But in ancient times, rubies were believed to grant instant protection. In fact, Egyptian pharaohs believed ruby gave immediate and eternal protection, prosperity, and peace to the bearer. Ancient jewelers began to set a single ruby on the inside of rings to help the wearer travel safely through life; mothers wore bands with inset rubies to protect their babies during pregnancy. Ancient Indians also believed rubies reunited loved ones and helped lovers retain memories of their beloved in their hearts during periods of separation. Hindu tradition held that those who made the offering of a ruby to Krishna would be granted eternal life as emperors.

## CRYSTAL HEALING WITH RUBY

### Where to use or place on body for healing

Ruby brings passion and the intensity of physical lust to Heart Chakra work, activating the sensual energies of the heart space. In Reiki practice, rubies represent the life force and are used in crystal healing sessions to represent and enhance the flow of the wearer's prana or chi. In the Navaratna or "nine stones" from the Hindu tradition, the ruby represents the sun, bringing strength, passion, and purpose. Therefore, ruby is best worn as the center stone of a ring on the ring finger of the right hand to represent the strength of the sun's dominant position in the sky.

### For the beginner

- Heals both emotional and physical issues of the heart.
- Helps you find your motivation and recommit to goals with enthusiasm and confidence.
- Brings out your royal nature and helps you connect with and honor your deepest desires.

### For the advanced practitioner

According to Vedic astrology, ruby is the gemstone of the sun—the symbol of creation, a giver of vital energy, life force, and the soul of the cosmic body. This stone's fiery intensity helps you find your passion, especially in matters of the heart. It also attracts love to the bearer and enables you to overcome fear and heartache from past trauma. A rare formation among rubies is known as the star—which also forms in sapphire, the other form of corundum. Less than 5 percent of all rubies can be considered star rubies, displaying asterism, or a star formation, when the layers of hexagonal formations within develop at a specific and precise angle, revealing this internal structure. Star rubies are said to be manifestations of higher-self or spirit guidance, leading you toward your highest spiritual evolution.

### RUBY'S MAGICAL MESSAGE FOR YOU

"Don't be afraid to live with intensity. Your nature is inherently royal, and you deserve to live a life filled with passion and love."

### Did you know?

Modern metaphysical legends teach that rubies are the spirits of our deceased ancestors, and when we lose a loved one in this lifetime, they go on to live forever as rubies in our hearts.

# SARDONYX

DISCIPLINE
ENDURANCE
WILLPOWER

| | |
|---|---|
| MOHS HARDNESS | 6.5–7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | China, Czech Republic, India, Turkey, United States (Alabama, Arizona, Colorado, Florida) |
| CHAKRA CORRESPONDENCE | Earth Star |
| PARTNERS WELL WITH | Black onyx, citrine, garnet, pyrite, red jasper, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## SARDONYX'S JOURNEY TO YOU

Sardonyx is named for the ancient city of Sardis, in modern-day Turkey, where it was originally mined. It is a variety of agate with a reddish-brown base interspersed with beautiful black and white banding. The first stone in Aaron's breastplate is *"odem,"* which translates to "red" and is aligned with red sardonyx, a colored variety of onyx available in steady supply, both today and in ancient times. Some accounts suggest *odem* was, in fact, ruby, but we know that at the time Exodus was composed, sardonyx was much more readily available, and it is a much softer stone than ruby, so it's easy to carve. Ancient Greeks and Romans believed that it would protect them on the battlefield and so adorned themselves with sardonyx talismans engraved with images of gods and heroes such as Mars and Hercules. It was also used in amulets in ancient Egypt up to more than 4,000 years ago.

## CRYSTAL HEALING WITH SARDONYX

### Where to use or place on body for healing

Connect with earth magic and wisdom profoundly and powerfully with sardonyx. It resonates with the Earth Star Chakra and helps you to tap into the earth's wisdom and connect with the earth spirits. If you ever feel as though you are going through a crisis of identity or unsure of what direction to take your life in, meditate with this stone, and you will immediately feel a boost of endurance, clarity, and strength of character.

### For the beginner

- Reminds you that you are much stronger than you think.
- Aids discipline, grounding, and endurance.
- Connects you to your inner warrior any time you find yourself in a challenging situation.
- Brings the motivation and confidence to explore new ideas and ways of doing things when you find yourself stuck in a routine that feels monotonous.
- Helps students boost their concentration and retain new information.

### For the advanced practitioner

Sardonyx is a warrior stone of expanded capacity and a great stone to work with during times of adversity. It encourages you to embody and manifest your desires, bringing a sense of motivation, willpower, and discipline. If you find yourself spread too thin across multiple projects, sardonyx will help you concentrate on the tasks that are most important and help you see more significant projects through to the very end. Sardonyx is a highly protective gem and embodies a vibration of fiery wisdom and personal power.

### SARDONYX'S MAGICAL MESSAGE FOR YOU

**"You are strong and well protected. With me, you will have more energy, willpower, discipline, and stamina than ever before."**

### Did you know?

During the Renaissance, sardonyx was associated with verbal eloquence and was worn by orators to encourage clear communication.

# SAUSSURITE

ABUNDANCE
HEALING
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Albite: triclinic; epidote: tetrahedral; zoisite: orthorhombic |
| PLACES OF ORIGIN | Antarctica, Australia, China, India, Italy, Poland, Russia, Switzerland, United States (California, Virginia) |
| CHAKRA CORRESPONDENCE | Root, Heart, Third Eye, Crown |
| PARTNERS WELL WITH | Blue kyanite, cavansite, covellite, iolite, jade, ruby |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Virgo, Scorpio |

## SAUSSURITE'S JOURNEY TO YOU

Saussurite is a combination of albite, epidote, and zoisite. It's a rare mix of minerals that brings physical healing. Saussurite is a pseudomorph, meaning one mineral replaced another as it was forming. It was first discovered in the 1760s by Horace Bénédict de Saussure, whom it was eventually named for. He initially misidentified the mineral as a form of jade, and only after his death did his son establish that it was actually a new form of feldspar and have it named after his father.

## CRYSTAL HEALING WITH SAUSSURITE

### Where to use or place on body for healing

In general, saussurite is a calming Heart Chakra stone that eases emotional disturbances, ushering in emotional healing and balance when held against the heart space. Its rich greenish-blue color is healing even just to look at and will transport your mind to your favorite destination. The zoisite, epidote, and albite in saussurite all bring unique healing properties: Zoisite anchors you to the earth, keeping you centered and inspiring creativity, focus, and discipline. Epidote is a protective and grounding stone that's an equally powerful manifestation gem; it helps you manifest your intentions and clears whatever stands in the way of creating the life you desire. Albite is a form of feldspar that opens the connection to the higher chakras; it specifically activates the Third Eye and Crown chakras, awakening your psychic and intuitive mind.

### For the beginner

- Helps shift from a space of unease and restlessness to one of calm, trust, and harmony.
- Connects you with both Earth and the higher realms and channels vitality, abundance, and divine wisdom into every aspect of your spiritual practice.

### For the advanced practitioner

Saussurite helps you transform negative patterns and behaviors by addressing the root issues that cause you to experience emotional disharmony. The zoisite in saussurite radiates an energy of growth and richness in all aspects of life. It provides energy for the soul's rebirth and the expansion of human life-force energy, encouraging spiritual development and increased understanding of yourself and the world. Zoisite magnifies happiness, appreciation, abundance, vitality, and growth. It also helps you overcome lethargy by boosting your internal strength and motivation. Epidote gets its name from the Greek word for "increase," and it's known as a primary attraction stone because it magnifies what you create and desire. This stone promotes personal freedom and helps you let go of the past and change into the best version of yourself.

### SAUSSURITE'S MAGICAL MESSAGE FOR YOU

"Tune in to your heart's desires and challenge how you think about life, releasing fears of what cannot yet be seen. Allow me to channel both earthly and divine wisdom that will guide you along your path."

**Did you know?**

Saussurite is highly sought after by stone carvers as it only forms in large crystallized masses, and smaller pieces are so rare that collectors snatch them up quickly when available.

# SCAPOLITE

CONFIDENCE
INNER POWER
PROBLEM SOLVING

| | |
|---|---|
| MOHS HARDNESS | 5.5–6 |
| CRYSTAL STRUCTURE | Tetragonal |
| PLACES OF ORIGIN | Found globally, with important localities in Australia, Canada, Myanmar, Pakistan, Russia, Sri Lanka, Tanzania |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Chrysanthemum stone, chrysoberyl, citrine, danburite, fluorite, golden sheen obsidian |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## SCAPOLITE'S JOURNEY TO YOU

The name "scapolite" comes from a combination of the Latin word "*scapus,*" meaning "rod," and the Greek word "*lithos,*" meaning "stone." These terms refer to the fact that scapolite crystals occur naturally in stick- or rodlike square-shaped prisms, and it was given this name when it was discovered in 1800 by José Bonifácio de Andrada e Silva. However, gem-quality scapolite was not found until 1913 in Myanmar (then Burma). Scapolite is also sometimes named wernerite after the German geologist A. G. Werner. Scapolite shares the same characteristics of unshakable consistency and reliability that define all tetragonal gemstones.

## CRYSTAL HEALING WITH SCAPOLITE

### Where to use or place on body for healing

Scapolite is a powerful ally of the Crown Chakra that helps align your will with the will of the Universe. Placed on this energy center, it will help you find solutions to even the most challenging of problems. It aids you in rational decision-making when you find that your emotions have been clouding your mind. Carried with you, it helps ensure that you build your creations on a robust and solid foundation.

### For the beginner

- Helps you to organize your thoughts so that you can think clearly.
- Helps you to manifest success with courage and strengthens your trust in the idea that all the resources you need to manifest your vision will be provided.
- Helps you get out of your own way, reminding you of what's available when you trust and surrender.

### For the advanced practitioner

Scapolite energy is about focusing on you—helping you get out of your way and avoid self-sabotage to ensure successful outcomes. This stone will shake things up a bit, but it's all in service of moving you forward on your soul path with courage and trust. Scapolite strengthens your understanding of your deepest self, building confidence in your own abilities and faith that you can step into your most total power without misusing it. It will push you beyond your preconceived limits and release any self-sabotaging behaviors or patterns so that you can exceed even your own expectations of what you think you are able to accomplish.

### SCAPOLITE'S MAGICAL MESSAGE FOR YOU

**"Handle every situation you find yourself in calmly, assertively, and immediately, with me as your crystal ally. There is no problem that cannot be solved, even if you can't see the answer just yet."**

### Did you know?

Even though most scapolite is smaller than 15 carats, some specimens from Myanmar have grown to over 70 carats in size.

# SCHEELITE

BALANCE
EXPANSION
CREATION

| | |
|---|---|
| MOHS HARDNESS | 4.5–5 |
| CRYSTAL STRUCTURE | Tetragonal |
| PLACES OF ORIGIN | Afghanistan, Argentina, Australia, Austria, Brazil, Canada, China, Czech Republic, France, Germany, Italy, Japan, Mexico, New Zealand, Russia, Turkey, United Kingdom, United States |
| CHAKRA CORRESPONDENCE | Root, Crown |
| PARTNERS WELL WITH | Dolomite, emerald, epidote, grossular garnet, heliodor, yellow apatite |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## SCHEELITE'S JOURNEY TO YOU

Scheelite was named in 1821 after K. W. Scheele, the same Swedish chemist who discovered tungsten—one of the metals on the periodic table. It is generally found in metamorphic rocks and hydrothermal veins of high temperatures. In order to locate this mineral, it is usually searched for with an ultraviolet light source as it fluoresces a vibrant blue color. It occurs in a range of colors from transparent clear to blue, through to a deep orange, depending on other mineral inclusions. Gem-quality scheelite is rare and quite fragile, though some have been faceted; the largest faceted scheelite currently known in the world is an orange color and weighs 55 carats.

## CRYSTAL HEALING WITH SCHEELITE

### Where to use or place on body for healing

Scheelite aligns the chakras by grounding you through the Root Chakra and stimulating the Crown Chakra, enhancing spiritual awareness. You can work with it to psychically scan the etheric body of a client, especially in the form of a pendulum, to find out the energetic needs of each chakra so they can be balanced, activated, or soothed accordingly. Scheelite also brings emotional balance and can be gridded on or around a person to ease mood swings, whether due to unbalanced hormones or other underlying issues.

### For the beginner

- Encourages you to release limitations so you can more freely explore the outer limits of your creativity.
- Opens your heart to forgiveness—both forgiving others and receiving forgiveness for yourself.
- Helps you remain calm when facing any kind of confrontation or sudden change, letting you stay detached from the outcome, knowing that what will happen is meant to be that way.
- Balances the body, mind, relationships, and other situations.

### For the advanced practitioner

Scheelite helps to align the higher self with the personality, or lower self, and brings well-being and clarity to the mental and emotional bodies. It supports you as you release negative thought patterns or unhealthy behaviors, in a nonjudgmental way, by allowing you to see the bigger picture. If you are facing a challenging decision-making process, scheelite can help bring the perspective you need and answer the questions that worry you. If you are working to manifest your dreams, scheelite is a potent ally in the visualization process—the first step of manifestation. If you can see it in your mind's eye, you can bring it to fruition in your physical life.

### SCHEELITE'S MAGICAL MESSAGE FOR YOU

**"Feel supported as you replace old patterns that no longer serve your highest good with new, positive thoughts and behaviors with me as your ally."**

**Did you know?**
Scheelite has been discovered on the moon.

# SEPTARIAN

ANCIENT WISDOM
PAST-LIFE RECALL
TRANSFORMATION

| | |
|---|---|
| MOHS HARDNESS | 3–4 |
| CRYSTAL STRUCTURE | N/A |
| PLACES OF ORIGIN | Madagascar, New Zealand, United States (Utah) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Aragonite, barite, clear quartz, fuchsite, petrified wood, tiger iron, unakite jasper |
| ASTROLOGICAL CORRESPONDENCE | Taurus |

## SEPTARIAN'S JOURNEY TO YOU

Septarian fossils formed 50 million years ago when organic matter converged with molten rock. In Latin, "*septaria*" means "cracks," and I work with this stone to honor the cracks within—every step and experience on my spiritual journey and all that has led me to where I am today. Septarian is a blend of aragonite, limestone, and calcite, so it merges the properties of these three minerals. Some of the most famous septarian deposits in the world are the Moeraki Boulders on the east coast of the South Island in New Zealand. These boulders are almost perfectly spherical, some reaching over 7 feet in diameter, estimated to have formed over the course of 5.5 million years during the Cretaceous period, up to 66 million years ago.

## CRYSTAL HEALING WITH SEPTARIAN

### Where to use or place on body for healing

Septarian activates the Root Chakra, helping you feel grounded, stable, and safe as you evolve. Placed on this energy center or held in meditation, it brings you into communication with your elders and spirit guides. Work with this powerful stone to honor the past, gather wisdom, and connect with your ancestors. Septarian also contains deposits of honey calcite, which is a potent Sacral Chakra healer and can help the bearer feel connected and in service to their direct bloodline and lineage.

### For the beginner

- Reminds you that your cracks and challenges have all made you who you are today.
- Encourages continual spiritual and life-path evolution, holds potent Earth wisdom, and clears and transmutes negative energies.
- Brings peace and joy during challenging times, as well as organization and acceptance.
- Creates a shield of invisibility around and through your auric field so that you can pass through situations unnoticed.

### For the advanced practitioner

Septarian can facilitate lucid dreams and waking visions of past-life experiences, especially those that may hold a message regarding present-day situations. It deepens your connection to the wisdom contained within the earth and the nurturing energy it offers, providing support during times of radical or unsettling change. Meditating with septarian with the intention of invoking these ancient energies will help you feel loved, understood, and protected on a whole new level.

### SEPTARIAN'S MAGICAL MESSAGE FOR YOU

"Meditate with me to attune yourself to ancient wisdom, protect yourself with ancestral magic, and connect deeply with your guardians."

### Did you know?

Septarian is sometimes known as the Dragon's Stone because the ancients believed it was created by dragons, who drew their power from deep within the earth. The septarian eggs always opened along the fault lines of the stones, and elders believed that dragons emerged from these eggs before the stones were mined by human hands.

# SERAPHINITE

ANGELIC COMMUNICATION
HEALING
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 2.5–5.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Russia |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Charoite, danburite, Herkimer diamond, moldavite, petalite, scolecite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

SERAPHINITE'S JOURNEY TO YOU

Found only in Russia, seraphinite is named after the highest order of angels, the six-winged seraphim, who guard the throne of God and guide his chariot through the heavens. Its fibrous patterns, which are said to resemble the wings of these angels, are created by inclusions of manganese, aluminum, and iron within a hydrothermally altered pyroxene, biotite, and amphibole matrix. These inclusions are translucent against the matrix's opaque green background, giving the stone a glowing, chatoyant appearance. Seraphinite was first described in 1888 by a Russian mineralogist, Nikolay Koksharov, who discovered the stone in Siberia. It was initially named clinochlore, from the Greek "*klino,*" "to lean," and "*chloros,*" "green," referring to both the color of the stone and how the crystals arrange themselves at tilted angles to one another. It wasn't until after World War II that jewelers began to refer to this stone as seraphinite, remarking on its resemblance to angel wings.

CRYSTAL HEALING WITH SERAPHINITE

### Where to use or place on body for healing

Seraphinite is a Heart Chakra activator. Hold it against your heart space to encourage higher-realm communication and feel the loving support of your angels and spirit guides. Seraphinite assists in healing the body, mind, and spirit by releasing what no longer serves the bearer. Held in meditation or gridded on the body during a healing session, seraphinite aligns the nonphysical bodies, releases toxic emotions, and removes blockages in the energetic meridians.

### For the beginner

- Clears energetic attachments and guards against psychic attacks.
- Opens the portal to higher dimensions and angelic realms, providing a gateway for energetic attunement, wholeness, and well-being.
- Grounds and energizes and has a powerfully gentle and deeply healing energy.

### For the advanced practitioner

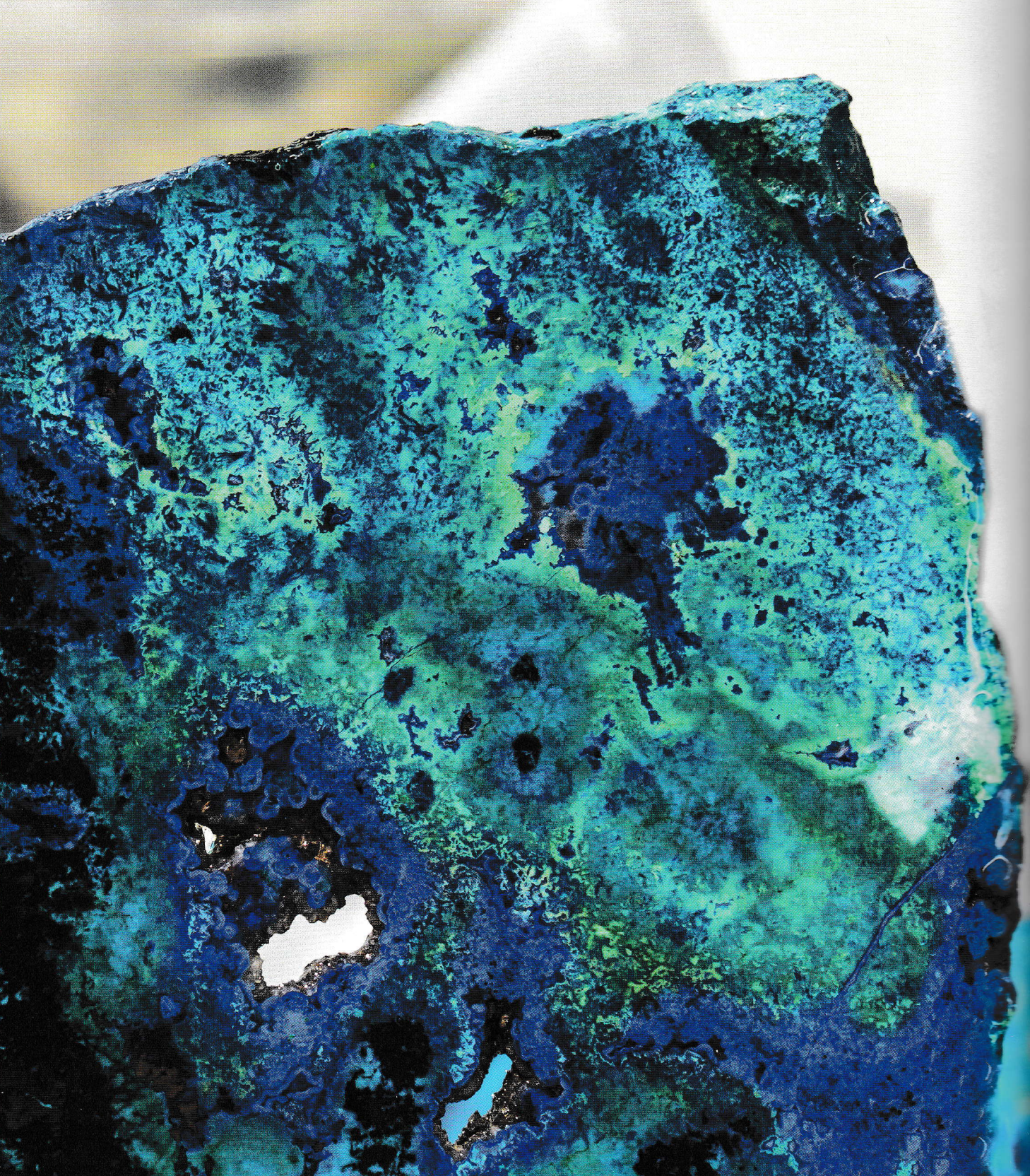
Seraphinite brings peace, calm, and beauty. It's the perfect gemstone for opening your energy channels and feeling the stability of the higher realms if you feel too locked into the physical realm and need an extra dose of spiritual magic. It is considered a master emotional and physical healer because of its sweeping ability to encourage cellular regeneration. Meditate with seraphinite to facilitate angelic communication and more profound spiritual awareness, or carry it with you to open your connection to your guides wherever you roam. Seraphinite moves swiftly, helping you to evolve rapidly in your journey.

SERAPHINITE'S MAGICAL MESSAGE FOR YOU

"I am a bringer of light and love—let me illuminate the presence of your angels who surround you and support you at all times."

### Did you know?

It is said that sleeping with seraphinite under your pillow will help you meet your guardian angels in your dreams.



# SHATTUCKITE

DIVINE WISDOM
HEALING
SPIRITUAL CONNECTION

| | |
|---|---|
| MOHS HARDNESS | 3.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Argentina, Chile, Congo, Greece, Italy, Namibia, South Africa, United States (Arizona, California, Nevada, New Mexico) |
| CHAKRA CORRESPONDENCE | Heart, Throat, Third Eye |
| PARTNERS WELL WITH | Azurite, chrysocolla, lapis lazuli, larimar, malachite, sodalite, turquoise |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius, Aquarius |

## SHATTUCKITE'S JOURNEY TO YOU

Shattuckite is a rare copper-rich mineral often found growing in the same mines as mineralogically similar stones such as chrysocolla and malachite. It was first discovered in the Shattuck mine in Arizona, United States, after which it was named, forming a pseudomorph after malachite. A pseudomorph is a crystal that replaces another but retains the first stone's original structure. It also sometimes grows as inclusions within quartz, giving the quartz a brilliant blue-green luster. Shattuckite is one of the four powerhouse mineral inclusions in the gem known as Quantum Quattro—a combination of the four most powerful regeneration and physical healing stones on the planet today.

## CRYSTAL HEALING WITH SHATTUCKITE

### Where to use or place on body for healing

Shattuckite is a channeling stone that activates the Heart, Throat, and Third Eye chakras. If you work with oracle cards or the tarot, holding shattuckite while giving a reading will help you attune yourself to the messages with clarity and greater perception. I believe shattuckite is one of the most potent gems we, as healers, can possess. It aligns the energies of your entire body, raising vibrations to amplify your thoughts and connect you with the wisdom of the Divine.

### For the beginner

- Helps you receive and intuit information from your guides while staying protected and safe.
- Deepens your ability to call in your guides during meditation and ask for a stronger spiritual connection with the higher realms.
- Imbues your dreams and visions with newfound connectivity to your guides.
- Brings the courage to live and teach what you know to be true.

### For the advanced practitioner

Shattuckite enhances dreams and visions and supports you with mediumship work. This crystal brings newfound connectivity with your guides and increases your intuitive powers. Shattuckite has an intense vibration that heals the physical and auric bodies and grounds you as it connects you to the higher realms. It illuminates the areas of life where you may not be living in a way that is true to your spiritual beliefs and gently guides you back onto your soul path. If you're seeking alignment with the Divine and magic for your spiritual journeys, shattuckite is your stone. Work with it during your ceremonies to deepen your ability to channel all the wisdom that flows forth.

### SHATTUCKITE'S MAGICAL MESSAGE FOR YOU

"With me as your ally, your direct line to the Divine becomes unhindered by doubt and uncertainty. Hold me in meditation and trust your intuition."

### Did you know?

Shattuckite is known as a stone of sacred truth and is recommended for use by lawyers and politicians, especially when engaging in public speaking.

# SHIVA LINGAM

INTIMACY
SEXUALITY
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | India |
| CHAKRA CORRESPONDENCE | Sacral |
| PARTNERS WELL WITH | Carnelian, clear quartz, dendritic agate, fire agate, orange calcite, rose quartz, smoky quartz |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

SHIVA LINGAM'S JOURNEY TO YOU

The actual name for Shiva lingam is Narmada River stone, and it is a sacred form of cryptocrystalline quartz. It comes from India's sacred Narmada River and is gathered from the water only once a year in pilgrimage. Shiva lingam, named after the Hindu god Shiva, is said to have shattered and coagulated within Earth following a massive meteoric collision thousands of years ago. In the traditional variegated Shiva lingam, red and brown markings represent blood and feminine energy, while tan, neutral background colors represent masculine energy. A well-balanced piece with even markings in both shades is considered of the highest quality and purity. The lines are also said to reflect the markings on Shiva's forehead.

CRYSTAL HEALING WITH SHIVA LINGAM

### Where to use or place on body for healing

Known as the sex stone, Shiva lingam activates the Sacral Chakra, the energy center of vitality, pleasure, desire, and creativity. The Sacral Chakra is the origin of everything you birth in the world. Shiva lingam holds the energies of universal consciousness, and when placed on this energy center, it activates Kundalini energy and elevates feelings and experiences of love, sensuality, and sexuality.

### For the beginner

- Activates sexual energy and attracts soul mates.
- Helps when you feel stuck creatively, inspiring action and kindling motivation.
- Renews passion and deeper intimacy in your relationships.

### For the advanced practitioner

Shiva lingam resonates with all four elements. "Lingam" is the sacred Sanskrit word for "phallus." In Tantric practice, the shape of the lingam represents Shiva, the masculine energies of dynamic expression and knowledge, and the cosmic egg, embodying the feminine powers of wisdom and intuition. Shiva lingam is also said to transmit blessings of spiritual enlightenment, prosperity, and fertility.

SHIVA LINGAM'S MAGICAL MESSAGE FOR YOU

"Allow me to awaken dormant passion within you; it is time for your sacred, sensual liberation and discovery. Meditate with me for creative breakthroughs, sexual magic, and alignment with both masculine and feminine divine energies."

### Did you know?

Black Shiva lingams were especially prized historically; it was said that wherever one was found, a temple had to be erected. Black Shivas represent only a fraction of all Shiva lingams, and in ancient times, no one outside the Hindu temples was able to access them. Even now, they are scarce and expensive.

# SHUNGITE

CLEARING
HEALING
PURIFICATION

| | |
|---|---|
| MOHS HARDNESS | 3.5–4 |
| CRYSTAL STRUCTURE | Amorphous |
| PLACES OF ORIGIN | Austria, Democratic Republic of Congo, India, Kazakhstan, Russia, United States (Michigan) |
| CHAKRA CORRESPONDENCE | Earth Star, Root |
| PARTNERS WELL WITH | Black tourmaline, fluorite, garnet, lepidolite, rainbow moonstone, red jasper, selenite |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Virgo, Capricorn |

## SHUNGITE'S JOURNEY TO YOU

Shungite is mainly composed of carbon in the form of amorphous graphite, which is a master healer of all human body systems and powerful filter of harmful or toxic energies. It also includes trace amounts of silicon, iron, magnesium, and phosphorus. In ancient Roman times, shungite was used to line aqueduct systems to remove impurities from the water. Peter the Great established Russia's first spa in the Karelia region, where shungite is predominantly found, to capitalize on these water-purifying properties. It has since been verified scientifically as recently as 2017 that shungite exhibits both antibacterial and antioxidant properties, supporting antiaging and cellular-renewal practices.

## CRYSTAL HEALING WITH SHUNGITE

### Where to use or place on body for healing

Not only does shungite purify water, but it is an essential tool to purify your energy, as well. If you've ever worked with it, you know how potent this stone is. Shungite removes unwanted energies and impurities from people, places, and spaces, and helps clear the body of dysfunctional patterns. It removes and transmutes dark or harmful energies in its path. Shungite is a stone of truth that activates the Root and Earth Star chakras for powerful grounding. Laid on the body in healing sessions, it acts as a purifier, clears the aura, and grounds and heals all the chakras, especially the Root Chakra. Shungite is a yin-frequency stone that harmonizes yin or feminine energy.

### For the beginner

- Helps clear obstacles that keep you from opening your heart and mind to receive abundance or any desires.
- Encourages authenticity, making it almost uncomfortable to speak or act in a way that is not aligned with the truth of who you are.
- Assists you in letting go of deeply entrenched feelings of fear, guilt, or shame.

### For the advanced practitioner

It is often said that you will know how you are meant to work with a piece of shungite when it comes into your possession. This stone can filter anything, including your old beliefs and attachments. Shungite is an effective tool for all kinds of personal work around the dissolution of limitations and aspects of the past that are too heavy for your spirit to alchemize on its own. It clears negative emotional patterns that manifest themselves as physical disease and chronic illness.

### SHUNGITE'S MAGICAL MESSAGE FOR YOU

"I am known as the Great Purifier, and I will remove any unwanted energies from your life and space. Release any negativity residing in both your auric and physical bodies to me."

### Did you know?

Noble, or elite, shungite is the rarest form of shungite and is composed of up to 98 percent organic carbon.

# SILVER

GODDESS CONNECTION
SUBCONSCIOUS EXPLORATION
INTUITION

| | |
|---|---|
| MOHS HARDNESS | 2.5–3 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Global |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Amethyst, labradorite, moonstone |
| ASTROLOGICAL CORRESPONDENCE | Cancer, Aquarius |

## SILVER'S JOURNEY TO YOU

Like gold, silver is formed from star explosions, and the first silver mining can be traced back to 3000 B.C.E. in Turkey and Greece. Rich veins of silver and silver ore can be found throughout South America, and this precious metal is most often used in jewelry, coins, tableware, and science equipment. Silver holds feminine energy and is associated with the moon, especially the new moon phase. It's known to deflect negativity and promote wealth and overall well-being. Associated with the water element, silver is nurturing and encourages self-exploration. It deepens intuition and psychic abilities, and its energy is cooling and calming, providing relief to those with a strong presence of the fire and air elements.

## CRYSTAL HEALING WITH SILVER

### Where to use or place on body for healing

While gold draws down the energy of the sun, silver calls on the wisdom of the moon, infusing every aspect of your life and spiritual practice with nurturing and healing magic. Those who feel called to wear and work with silver may need to balance their yin energy and connect more deeply with the Divine Feminine. Wear silver and pair it with your favorite healing crystals to shield yourself from negativity and infuse your intentions with goddess energies. Silver deepens psychic abilities, making it a potent ally during tarot readings or any other form of divination. It also makes a wonderful gift, especially for mothers, grandmothers, and any other matriarchal figures in your life.

### For the beginner

- Guides you through the darkness and encourages inner exploration, helping you confront your subconscious feelings and find emotional peace.
- Brings clarity to thought and communication and helps you embody grace, elegance, and humble confidence.
- Enhances attractiveness, strengthens patience, and deepens intuition.
- Helps you look within your soul and reflects unconscious energies into the conscious realm; it is your spiritual mirror.

### For the advanced practitioner

Silver guides you deep into the subconscious realm, helping you bring what lies in darkness into the light. This precious metal helps you unravel life's deepest mysteries and explore the darker aspects of your own soul for better self-awareness. It bridges the astral body with the physical body, leading you to create a life on Earth from a place of spiritual oneness and understanding. In addition, silver enhances intuition and psychic abilities, helping you see the truth beyond what can be seen with physical eyes alone. This precious metal deepens sensitivity and empathy. It grants access to alternate realms, infusing your life with otherworldly wisdom.

### SILVER'S MAGICAL MESSAGE FOR YOU

"What lies in the realms beyond what we can see? Peer into the mystery without fear or hesitation. Within your own darkness, there is much magic to be discovered."

**Did you know?**
Silver is associated with the High Priestess card of the tarot, symbolizing intuition and the illumination of one's inner world.

# SMITHSONITE

DETOXIFICATION
TRANSFORMATION
HEALING

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Mexico, United States |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Amethyst, aquamarine, chrysoprase, iolite, kunzite, lepidolite |
| ASTROLOGICAL CORRESPONDENCE | Virgo, Pisces |

## SMITHSONITE'S JOURNEY TO YOU

Smithsonite, also known as zinc spar, is a member of the calcite group of crystals and was named in 1832 after James Smithson, the chemist and mineralogist who first identified it in 1802. This gem is typically found in botryoidal, or grapelike, clusters and is known for its powers of detoxification, transformation, and transmutation. It is also known to promote physical, spiritual, and mental wellness by boosting vitality, restoring balance, soothing tension, and encouraging clarity and calm. Smithsonite resonates with the water element and opens all chakras, bringing a sense of overall energetic alignment and harmony.

## CRYSTAL HEALING WITH SMITHSONITE

### Where to use or place on body for healing

Smithsonite corresponds with all chakras and can be placed on any part of the body in need of healing. During meditation, close your eyes and tune in to your energy, locating where in your body you're holding on to stress and tension. Hold smithsonite over these areas, allowing it to clear away any negative or stagnant energies weighing you down. A stone of relaxation, smithsonite is a wonderful gem to keep on your bedside table, in your meditation room, or anywhere you wish to invoke more relaxation, clarity, and calm. Because smithsonite activates psychic abilities, it's also a potent gem to keep close as you work with tarot cards or pendulums or perform any other form of divination work.

### For the beginner

- Soothes tension, encourages harmony in relationships, and brings healing and balance to the body.
- Helps you gain perspective when undergoing challenges and see the world with understanding and compassion, helping you move through life phases with grace and ease.
- Provides serenity and spiritual support and helps you express yourself from a place of kindness and love.
- Lifts your vibration, restores physical energy, and helps you embody high frequencies of joy, peace, generosity, understanding, and connection.
- Helps you embody angelic energy and share that magic with those around you.

### For the advanced practitioner

Smithsonite stimulates psychic abilities and opens you to wisdom from alternate realms. For those who often perform divination or healing work for others, smithsonite is a powerful ally. This stone grants access to higher dimensions and connects you with your spirit guides, helping you channel their wisdom into your magical work. Smithsonite also brings feelings of cosmic connection and oneness, deepening your awareness of source consciousness. This gem embodies universal love, instilling you with that energy so you may emanate it out into the world.

### SMITHSONITE'S MAGICAL MESSAGE FOR YOU

**"Transformation is inevitable, and growth is not easy—but peace is available to you every step of the way. I am here to help you sail effortlessly through waters of healing, change, and growth."**

### Did you know?

Smithsonite is found in a variety of colors, each of which holds unique magical properties. For example, the green variety opens the Heart Chakra, activating energies of love and compassion.

# SODALITE

INTUITION
SOOTHING
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Isometric |
| PLACES OF ORIGIN | Found globally; the most important localities are Afghanistan, Canada, Czech Republic, Greenland, Myanmar, Norway, Russia |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Azurite, blue kyanite, calcite, dumortierite, fluorite, iolite, lapis lazuli, lepidolite |
| ASTROLOGICAL CORRESPONDENCE | Leo, Sagittarius |

## SODALITE'S JOURNEY TO YOU

Sodalite was first discovered in Greenland in 1811 by the Scottish mineralogist Thomas Thomson, who subsequently analyzed and named it for its high sodium content. It did not become a popular stone until much larger deposits were found in Ontario, Canada, after which it became widely utilized in ornamental carvings and jewelry. Sodalite forms deep within Earth and is propelled to the surface through volcanic activity. Extremely rare 12-sided sodalite crystals have been found in the hardened lava flows around Mount Vesuvius, but in sizes too small to be made into jewelry.

## CRYSTAL HEALING WITH SODALITE

### Where to use or place on body for healing

Sodalite activates the Third Eye Chakra. Placed on your forehead, it expands your vision, deepens your wisdom, and enhances your intuition. Sodalite is perfect for keeping on your bedside table to bring you peace during slumber. It's known as the Dreamcatcher Stone, which helps you get a good night's rest, banishing nightmares and allowing only sweet dreams.

### For the beginner

- Assists in releasing fears of the unknown.
- Keeps you focused on the moment and rooted in the present. Helps you trust your inner guidance and accept and explore the unknown.
- Soothes the body and mind and increases overall well-being.

### For the advanced practitioner

Sodalite helps to release negative patterns and behaviors that no longer serve your highest good, including addictions. It supports you as you honestly review the more profound thoughts and feelings that keep these cycles repeating so that you can break free of the hold they have on you and experience true transformation. Sodalite strengthens your trust in your gut feelings and intuition, helping you to release the self-doubt that may cause you to second-guess yourself. It allows you to recognize the lessons you are meant to learn in this lifetime and enables you to gauge the progress you are making along your path, encouraging you to utilize your past experiences, even from previous lifetimes, to teach and guide you.

### SODALITE'S MAGICAL MESSAGE FOR YOU

"Allow me to banish all of your fears and heighten your intuition to open pathways for understanding and integration of spiritual wisdom."

### Did you know?

Sodalite is said to awaken your mind at all levels so that you can utilize your brain to its fullest potential and capacity. It empowers intellectual pursuits and can also support short-term memory.

# SPHENE
## (TITANITE)

INTUITION
MENTAL CLARITY
STRENGTH

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Austria, Canada, China, France, Germany, Italy, Japan, New Zealand, Norway, Pakistan, Russia, Switzerland, United States |
| CHAKRA CORRESPONDENCE | Solar Plexus, Third Eye |
| PARTNERS WELL WITH | Citrine, golden labradorite, heliodor, imperial topaz, iolite, lapis lazuli, sodalite, sunstone |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

SPHENE'S JOURNEY TO YOU

Sphene was originally named titanite due to its being rich in titanium. It was renamed sphene in 1801 after the Greek *"sphenos,"* which means "wedge," because of its wedgelike shape. Its titanium content brings unique metaphysical benefits to the stone, including strength, courage, endurance, tenacity, and a banishing of fear. Sphene displays the attribute of pleochroism, which means that its color can appear differently depending on the angle from which you are looking at it.

CRYSTAL HEALING WITH SPHENE

### Where to use or place on body for healing

Sphene is a powerful Solar Plexus Chakra stone. It is profoundly healing and helps with manifestation. Held against this chakra, it allows you to face change and transformation with excitement rather than fear. Sphene also activates the Third Eye Chakra to awaken clairvoyant abilities, strengthen intuition, and serve as a critical meditation tool. When held against the third eye, sphene also facilitates interdimensional journeying and communication with other realms. In this position, it also helps bring clarity and vitality to the mind, sweeping away the cobwebs of confusion, fatigue, or anxiety.

### For the beginner

- Helps you to absorb new information with ease and assists you in thinking clearly.
- Stimulates your mental and creative abilities and accelerates learning. Keep this stone nearby while you're studying for an extra boost of brain power.
- Strengthens your intuitive abilities, making it useful when learning new metaphysical practices such as tarot, Reiki, astrology, or numerology.
- Helps to balance out the energies of more intense stones so that they are more gentle and accessible.

### For the advanced practitioner

Sphene resonates with the energy of the Golden Ray, and wherever it goes, it brings tremendous light and strength. It helps you be decisive and own your power. Sphene also encourages the exploration of other realms and dimensions through journeying and astral travel. In meditation, sphene helps you transcend time to navigate past lives, possible future lives, and remote viewing of events happening in the present. It enhances your dream recall, particularly when your dreams hold an important message for you. Sphene is a stone of success and, when combined with heliodor, helps the bearer activate vibrations of power, strength, and manifestation.

SPHENE'S MAGICAL MESSAGE FOR YOU

**"I will help bring the clarity to your mind that you need in order for the universe to reveal its secrets to you. Your capacity for learning is truly unlimited; trust in your ability to retain new information from all sources."**

### Did you know?

Sphene is sourced in Turkey near the ancient city of Anatolia, home to one of the oldest temples on Earth known as Gobekli Tepi.

# SPINEL

MANIFESTATION
OPTIMISM
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 8 |
| CRYSTAL STRUCTURE | Octahedral |
| PLACES OF ORIGIN | Found globally; the most important localities are Austria, Canada, France, Germany, Iceland, Madagascar, Mexico, Russia, United States |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Black tourmaline, emerald, honey calcite, peridot, pyrite, rhodochrosite, rhodonite |
| ASTROLOGICAL CORRESPONDENCE | Aries, Taurus, Leo, Scorpio, Sagittarius |

## SPINEL'S JOURNEY TO YOU

Spinel is one of the oldest gemstones on the planet. It's a record keeper of all the energy and wisdom of previous civilizations. Spinel comes in various colors, from black and red to blue and even violet. Each color has a slightly different mineral composition, but their basic structure is the same, and they are all magnesium aluminum oxides. Red spinel is an alternate birthstone for August and has historically been mistaken for ruby because it looks deceptively similar in the right quality and light. Spinel is associated with the sun and is a stone of bright enthusiasm and courageous optimism.

## CRYSTAL HEALING WITH SPINEL

### Where to use or place on body for healing

Spinel is a manifestation stone that activates all of the chakras to help you go with the flow, allowing energies to manifest through you rather than forcing a situation. Red spinel placed on the Root Chakra brings physical strength and stamina and stimulates passion and sexuality. Yellow spinel placed on the Solar Plexus Chakra can encourage you to rebuild your self-image and how you project yourself into the world, especially if you have been seeking transformation in that area, supporting both physical and emotional "makeovers." Blue spinel placed on the Third Eye Chakra enhances mental clarity and helps you to see problems you may be facing from a different perspective. Spinel, in general, brings revitalization to your entire energy system and can be gridded beneath a person's bed to support their physical body in recovery from chronic illness and injuries.

### For the beginner

- Brings confidence, which is why it is often associated with manifestation and creation.
- Helps you believe in your ability to bring your dreams to life.
- Encourages you to utilize the resources you have in your life to the best of your ability and for your highest good.
- Promotes task completion, helping make sure no detail is left unnoticed or incomplete. It brings stamina and a steady energy flow to support long-term projects and goals.

### For the advanced practitioner

Spinel is a stone of healers and leaders that brings vitality, passion, abundance, prosperity, and longevity. If you're going through a tough time, it offers encouragement in difficult situations by helping you appreciate life's beauty and supports you as you move through moments of crisis. Spinel, in its dark blue variety, can be worked with to enhance your intuition and facilitate astral travel, while green spinel encourages compassion for all the creatures of Earth. Violet spinel guides you along the path to enlightenment and enriches your spiritual connection with the Divine.

### SPINEL'S MAGICAL MESSAGE FOR YOU

"Allow me to revitalize you and fill you with renewed vigor and passion for life, especially when facing challenging situations. Allow the manifesting energies of the universe to flow through you to create a better and more fulfilling future."

**Did you know?**

Spinel's name comes from the Italian word *"spinella,"* which means "little thorn," referring to the sharp shape of its octahedral crystals.

SPODUMENE

# HIDDENITE

ANXIETY RELIEF
COMPASSION
FORGIVENESS

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Afghanistan, Brazil, Madagascar, Sri Lanka, United States |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Ajoite, emerald, iolite, lapis lazuli, lepidolite, morganite, muscovite, pink tourmaline, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Pisces |

HIDDENITE'S JOURNEY TO YOU

Hiddenite is a name assigned to the green variety of spodumene, which is rarer than its pink sibling, kunzite, but not as rare as its golden sibling, triphane. Hiddenite displays pleochroism when worked with in direct sunlight; an array of colors from light green to even shades of blue and purple are visible. Naturally a green shade in color, hiddenite activates the Heart Chakra. Its name derives from the surname of the geologist who first discovered it, William Earl Hidden, who found hiddenite while on a mission to locate platinum in North Carolina.

CRYSTAL HEALING WITH HIDDENITE

### Where to use or place on body for healing

Hiddenite reveals what is hidden to the user, so it can be placed anywhere on the body that might be hiding or harboring energies that are not in service of the client. In general, as a result of its green color, hiddenite is associated with the Heart Chakra and can be worked with in shamanic journey or regression sessions to identify lost or hidden parts of the soul related to love, romance, or desire. It is a powerful ally in the Kundalini awakening process, which stimulates and generates physical desire and passion for creative and expressive pursuits.

### For the beginner

- Reveals hidden desires and passions that have been buried for years or decades and are ready for conscious awakening.
- Channels energies of love and serves as a divine permission slip to experience the full array of human emotions.
- Heals ancestral trauma and, when paired with dioptase, can support the generation of new and healed patterns in the maternal and paternal lineage lines.

### For the advanced practitioner

For those who are experienced in crystal healing but find themselves working with clients who have deep and buried trauma ready for surfacing, hiddenite is the perfect crystal ally; it helps to uncover layers of energy from the past that are activated in the present moment so that they can be acknowledged, healed, and integrated. Simply hold hiddenite to the Heart Chakra and visualize all current and past energies of loss and sorrow being released into the stone and transmuted to the other color rays. Most often, these energies will offer themselves willingly, as hiddenite is a stone that remains hidden to the user until they are ready for this level of spiritual transformation.

HIDDENITE'S MAGICAL MESSAGE FOR YOU

"The time has come for you to release the past and embrace a future of possibility in life and love. I come forward as a willing ally on this path. Experience a fuller and healthier definition of love."

**Did you know?**
Joseph Hidden discovered hiddenite on a geological mission on behalf of Thomas Edison, who believed platinum could further his light experiments. While hunting for platinum, Hidden stumbled upon the mineral we know today as hiddenite.

SPODUMENE

# KUNZITE

HEART HEALING
LOVE
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Afghanistan, Brazil, Madagascar, Sri Lanka, United States |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Ajoite, emerald, hiddenite, iolite, lapis lazuli, lepidolite, morganite, muscovite, pink tourmaline, rose quartz |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Leo, Scorpio |

KUNZITE'S JOURNEY TO YOU

Kunzite is a stone of divine love and emotional healing. It's a variety of spodumene rich in lithium and has trace amounts of manganese that contribute to its delicate lilac hues. The more intense this color is, the more valuable the specimen. The first significant deposit of this gem was found in California in 1902. It was named after George Frederick Kunz, the gem buyer for Tiffany & Co. and author of *The Curious Lore of Precious Stones,* the first person to identify it as a unique new form of spodumene.

CRYSTAL HEALING WITH KUNZITE

### Where to use or place on body for healing

Kunzite helps to heal and open the heart, especially when it comes to family and lineage trauma. Placed on the Heart Chakra, it becomes a conduit that allows you to embrace all forms of love, from self-love to love of nature, family, and romantic partnerships. Kunzite facilitates a flow of heart-mind communication. You will experience greater empathy, ease any stress or tension in your heart, and feel an overall calming of your nerves as you work with this stone. Kunzite is especially beneficial for anyone who yearns to access their most profound and authentic feelings. It is a perfect stone ally for therapists and counselors who must summon deep compassion for their clients but still maintain their own personal energetic boundaries.

### For the beginner

- Brings a greater appreciation for all of creation and is a clear channel through which divine love can express itself.
- Allows you to hear the wisdom and voice of the heart with clarity and understanding.
- Supports you as you work through and express difficult emotions, creating a safe space to "cry it out" if you need to.
- Softens your heart, creating openness to deep spiritual tenderness and lineage healing.

### For the advanced practitioner

Kunzite awakens your heart's intuition, helping you discern the truth in all of your relationships. It is excellent when used in crystal healing sessions focusing on stress relief and promoting altruism within a person. Kunzite opens you to divine love, letting you know that you are never alone. It encourages an innocent, childlike joy, bringing optimism, delight, and excitement to your daily life. Think of kunzite as the stone aligned with the wisdom of your most magical female ancestors—the ones who carried your lineage's deepest magic. And know that through this stone, their wisdom is never lost.

KUNZITE'S MAGICAL MESSAGE FOR YOU

"I radiate boundless divine love to bring healing and joy to your heart. All you need to do is open your heart and truly receive. You attract love, you are love, and you are loved."

**Did you know?**
It is said that kunzite is helpful for star seeds who are having trouble adjusting to the vibrations of their incarnation here on Earth.

SPODUMENE

# TRIPHANE

CLEARING
TENDERNESS
EMOTIONAL CONTROL

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Afghanistan, Brazil, Madagascar, Sri Lanka, United States |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Brucite, diopside, mangano calcite, morganite, yellow jasper |
| ASTROLOGICAL CORRESPONDENCE | Leo, Sagittarius |

TRIPHANE'S JOURNEY TO YOU

Triphane is the golden sister of the spodumene family and has a reputation as the stone of divine union of equals; it attracts a soul to you that matches your vibration and frequency. It also brings tenderness in love and is helpful for healing any feelings of inadequacy. Gold is the rarest color and form of spodumene, and golden spodumene is the newest type of this unique mineral to be named, after many geologists debated the distinction between yellow and green spodumene, which is known as hiddenite. Triphane reminds you that you are enough today, and you have always been enough, to those who can truly see you in your fullest power and potential.

CRYSTAL HEALING WITH TRIPHANE

### Where to use or place on body for healing

Triphane is a breath of fresh air for all who encounter it, so as you work with this gem, consider it an air-element mineral that can clear pathways for new visions, possibilities, and experiences. When placed on the Solar Plexus Chakra, triphane activates all dimensional levels of conscious awareness and reminds the user of their inherent power. It immediately recovers lost energy from all timelines and restores that energy to the bearer. Crystal healers should integrate triphane into breath work or pranayama ceremonies to facilitate a lightness of being and an integration of wisdom from the spirit world.

### For the beginner

- Reminds you that you carry within you a sacred light that can never be extinguished, thus stimulating energies of optimism and hope.
- Helps clear your mind, body, space, and spirit of any energies that are not aligned with your power or progress.
- Supports the integration of challenging life lessons so you can see the patterns of your past and heal them, preventing similar lessons from appearing in different forms in the future.

### For the advanced practitioner

Triphane is a rare gem, and as a result, crystal healers often have not heard of it until they are ready for its elevated consciousness. Triphane is an "up-leveler" of relationships and supports an elevation in both personal and relational consciousness. It attracts energies of softness and tenderness to the bearer, and instantly balances and aligns the Divine Feminine and Masculine. Placed on the Solar Plexus Chakra, especially at night, triphane helps to strengthen connections to the spirit world and support dream recall. It reminds the bearer of their divine sovereignty and internal power. Placed in the home, triphane prevents loneliness and despair, especially when lovers or partners must be separated for extended periods.

TRIPHANE'S MAGICAL MESSAGE FOR YOU

"I am here to remind you that you were made for the challenges you face, and you have an entire spirit team supporting you from all dimensions. You can embrace your softer side and still be strong."

**Did you know?**

The name "triphane" comes from the Greek word *"triphanes,"* which means "appearing threefold," in reference to this gem's ability to display multiple colors from three angles as well as its natural threefold cleavages.

# STAUROLITE

EARTH WISDOM
GROUNDING
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 7–7.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, Austria, Brazil, Canada, China, France, Italy, Norway, Russia, Switzerland, United States (California, Connecticut, Florida, Georgia, Utah, Virginia) |
| CHAKRA CORRESPONDENCE | Earth Star, Root, Crown |
| PARTNERS WELL WITH | Albite, blue kyanite, fuchsite, garnet, iolite, merlinite, seraphinite, sugilite, vivianite |
| ASTROLOGICAL CORRESPONDENCE | Pisces |

## STAUROLITE'S JOURNEY TO YOU

Staurolite, from the Greek "*stauros,*" which means "cross," is also known as the faerie cross. The most widespread story of the origin of staurolite says that when the news of Christ's crucifixion reached the ears of the faeries, they wept, and these stones were their hardened tears, crystallized in the shape of a cross. However, in North America, Indigenous legend says that staurolite was formed as the Cherokee wept along the Trail of Tears when they were forced from their ancestral homes into reservations in the 1800s. Regardless of which origin story you hold to be true, the brown crosses of staurolite have a certain shimmer and sparkle that brings gratitude for all you hold dear.

## CRYSTAL HEALING WITH STAUROLITE

### Where to use or place on body for healing

Staurolite powerfully activates the Earth Star Chakra, connecting you to the wisdom of the ancestors while you feel held and supported by Mother Gaia. Placed on this energy center, it allows you to release your burdens into the earth and lighten your load. It's protective and anchoring, linking you to our planet and its transformative healing power. Work with staurolite in any space you want to protect and also where you desire to bring magic and wonder. When placed in a child's room, staurolite can bring sweet dreams and help prevent nightmares. Staurolite also resonates with the Heart Chakra, and when held against your heart, it will help you release all your grief into the nurturing embrace of the earth.

### For the beginner

- Deeply grounds and protects your heart and spirit.
- Guards against the harmful electromagnetic frequencies emitted by computers and cell phones.

### For the advanced practitioner

Staurolite expands your vision and increases your awareness of other dimensions, particularly the Fae realms. It grounds you and helps you feel safe and comfortable here on Earth in your human body. Staurolite increases your awareness of the magic held within Earth and allows you to identify places where Earth's energy is at its most potent, such as sacred sites and ley lines.

### STAUROLITE'S MAGICAL MESSAGE FOR YOU

"Earth is your ally, and you can feel anchored and held by her any time you wish—working with me only helps to facilitate this process. Release your grief to her and allow her to nurture and support you."

### Did you know?

It is said that Pocahontas presented Captain John Smith with a staurolite amulet as a talisman to keep him safe from harm.

# STIBNITE

MANIFESTATION
MAGIC
SELF-AWARENESS

| | |
|---|---|
| MOHS HARDNESS | 2 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | China, France, Mexico, Poland, Portugal, United States (California, Idaho, Nevada) |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Bismuth, green tourmaline, hematite, moldavite, phenakite, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Capricorn |

STIBNITE'S JOURNEY TO YOU

Stibnite is a very fragile form of antimony revered by ancient Egyptians and was used by them as a powdered eye shadow as early as 3100 B.C.E. Dioscorides, the Greek scientist, referred to it in his writings as *platyophthalmon,* which means "that which enlarges the eye," alluding to this use. Pliny the Elder also wrote about it as a treatment for eye infections, although modern medicine has not confirmed this use. Stibnite activates all of the chakras and is associated with Pluto, the planet of rebirth and transformation.

CRYSTAL HEALING WITH STIBNITE

### Where to use or place on body for healing

Stibnite is an excellent stone to hold in meditation, helping the bearer connect to the earth through the Root and Earth Star chakras to invoke wisdom from the animal and plant realms. It can connect you with your animal spirit guides and show you the plant magic that is best for you to work with at this time, either as teas and tisanes or through aromatherapy. It grounds your physical body while keeping your mind clear and alert; it also helps to integrate frequencies from the higher realms through the Crown and Soul Star chakras, connecting with higher-vibrational beings to illuminate your higher universal purpose beyond just this physical plane.

### For the beginner

- Helps you release habits and thought patterns that no longer serve you.
- Supports you as you make changes in your life, such as taking a new direction in your career, spiritual practice, or self-image.
- Attracts new opportunities regarding finances and business success, though it is best worked with when you have specific financial goals in mind rather than as a general abundance stone.
- Aids manifestation for those whose goals are specific and well defined.

### For the advanced practitioner

Stibnite is helpful to work with during underworld journeying. It acts as a guide through the underworld, keeping you safe and helping you to uncover the truths and messages you need at this time. Stibnite attunes you to the cycle of life, allowing you to know when it is time to release a person or situation and when it is time to encourage them to flourish. Its presence helps you prepare for and adjust to profound transformations in both your personal life and the world around you, including situations on a global scale, such as climate change and political events.

STIBNITE'S MAGICAL MESSAGE FOR YOU

"I am a stone of journeying and change, bringing the wisdom you need from all realms, both above and below, in order to move forward toward your divine purpose."

### Did you know?

Due to its fragile nature, stibnite should be stored carefully in a small container, even wrapped in cotton, so it doesn't bump against the interior walls and fracture.

# SUGILITE

MASTER HEALING
RENEWAL
DETOXIFICATION

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Japan, South Africa |
| CHAKRA CORRESPONDENCE | Crown |
| PARTNERS WELL WITH | Bloodstone, green calcite, hematite, manganese, moldavite, scolecite |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## SUGILITE'S JOURNEY TO YOU

Sugilite was first discovered in 1944 on Iwagi Island in Japan and is named after the petrologist who first found it, Ken-ichi Sugi. This stone is also known as wesselite, referring to the vibrant purple pockets of it found in the Wessels manganese mine in South Africa. Today, sugilite is known as the consummate healing and detoxifying stone, used widely to support physical restoration and wellness. This gem is known to calm the nervous system and raise your personal vibration to keep you safe from harmful energies. Sugilite opens and heals the Crown Chakra, deepening your sense of faith and connection to the higher realms.

## CRYSTAL HEALING WITH SUGILITE

### Where to use or place on body for healing

Sugilite is claimed in modern times to be among the most potent of all healing crystals, able to swiftly and easily clear energies of disease and illness from the human energy field. Autoimmune conditions, which reflect an internal battle within a person's own energetic system, respond well to crystal healing and lithotherapy with sugilite. In recent decades, a dramatic increase in medical claims about this stone has led to an intense demand for it and a dramatic increase in retail and wholesale prices. However, even lower-quality pieces of sugilite can be successfully incorporated into crystal healing practices. Simply place this stone over any energy center where you experience pain, inflammation, or disease. And for those seeking to feel more connected to the higher realms, sugilite is a potent ally. Placed on the Crown Chakra, it strengthens faith and brings you into a deeper connection with your angels and spirit guides.

### For the beginner

- Promotes physical wellness by uplifting your personal frequency. It cleanses negativity, soothes restlessness, and provides energetic balance.
- Promotes inner peace and acceptance, healing internal energetic conflicts that lead to autoimmune disorders.
- Encourages spiritual and physical balance and deepens intuition, helping you uncover the wisdom that will guide you toward an optimal state of wellness.
- Guides you through feelings of overwhelm, helping you embrace the future with strength and courage.

### For the advanced practitioner

Sugilite channels the purifying, serene energy of the Violet Flame. This Crown Chakra stone opens up a channel between you and the angelic realms, infusing your aura with high-frequency light. It creates a gently protective shield around you. Sugilite also grants access to alternate realms and aids dream work. It opens you to receive spiritual messages during sleep and helps you unveil the messages behind the symbols that appear in your dreams. In addition, sugilite leads you onto your soul path by connecting you with your deepest desires and helping you manifest them into reality. Working with sugilite is a powerful way to accelerate your spiritual development.

### SUGILITE'S MAGICAL MESSAGE FOR YOU

**"Let healing energy wash over you and restore you to a state of perfection. I am here to enter your system and bring healing wherever there is discord or imbalance."**

### Did you know?

Sugilite is one of the most expensive stones in the mineral world because of its rumored healing benefits, and as a result, the deepest purple tones of sugilite have been largely mined out, leaving the darker, purple-black, manganese-heavy stones intact.

# SUNSTONE

LEADERSHIP
CREATIVITY
AWAKENING

| | |
|---|---|
| MOHS HARDNESS | 6–6.5 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Australia, Canada, India, Norway, Russia, United States (Oregon) |
| CHAKRA CORRESPONDENCE | Sacral, Solar Plexus |
| PARTNERS WELL WITH | Amber, carnelian, citrine, golden labradorite, yellow aventurine |
| ASTROLOGICAL CORRESPONDENCE | Leo, Libra |

## SUNSTONE'S JOURNEY TO YOU

Sunstone is a member of the feldspar family, and its shades of orange, gold, red, and brown sparkle like the sun it was named after. This gem contains inclusions of hematite and goethite, which refract light and create a shimmery effect when the gem is viewed from different angles. In ancient times, people believed sunstone to be pieces of the sun that had fallen to the earth. The ancient Greeks revered this crystal, using it to adorn goblets, plates, and more. Throughout ancient India, sunstone was seen as a source of protection. Today, it's known as a Sacral Chakra gem of leadership, creativity, and awakening.

## CRYSTAL HEALING WITH SUNSTONE

### Where to use or place on body for healing

Sunstone is one of the most powerful gems for healing the Sacral Chakra, which is located at the center of your lower abdomen and is your source of passion, pleasure, and creative power. Hold sunstone to your Sacral Chakra in meditation, during healing work, or when visualizing what you wish to manifest. You can also work with sunstone to open your Solar Plexus Chakra, which is located just above your belly button, to activate courage, strength, and confidence. Keep sunstone in your creative spaces or anywhere you wish to infuse with its empowering and illuminating magic.

### For the beginner

- Strengthens leadership and organization skills and leads you to recognize and manifest your full potential. Boosts self-esteem, power, courage, and vitality. Sunstone is also known to bring good fortune and mental clarity.
- Reignites your passion for life and helps you act in concert with a larger purpose.
- Alleviates stress, encourages optimism, and opens you up to limitless abundance. This gem encourages independence and improves self-discipline, helping you manifest your desires with confidence.

### For the advanced practitioner

Sunstone expands consciousness and helps you embody solar energies of warmth, light, optimism, and power. It cleanses the aura and promotes self-healing, helping you release the negative or stagnant energies that keep you from your highest purpose. In addition, sunstone dissipates feelings of codependence and unworthiness, bringing you into your full power as you create the life of your dreams. Sunstone also transmutes low-vibrational emotions like sadness and anger into high frequencies of joy and optimism, opening you up to the blessings that the universe wishes to bestow upon you. Sunstone often includes black tourmaline in its matrix and as a result is known to safeguard healers and spiritual leaders from harm.

## SUNSTONE'S MAGICAL MESSAGE FOR YOU

"You are the sun, radiant and warm. Open your eyes to your blessings, and don't be afraid to shine. Never forget that the world needs your light."

### Did you know?

In ancient times, the Indigenous people of Canada would work with sunstone to connect with their spirit guides. They reported that during contact with their guides, the stone would emit a golden glow.

# TANZANITE

ALCHEMY
TRANSFORMATION
INSPIRATION

| | |
|---|---|
| MOHS HARDNESS | 6.2–7 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Tanzania |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Blue tourmaline, charoite, labradorite, lapis lazuli |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Libra, Sagittarius |

## TANZANITE'S JOURNEY TO YOU

Tanzanite comes from a village that lies at the bottom of Tanzania's Mount Kilimanjaro. Legend has it that in the twentieth century, a torrential storm forced the villagers of the region to flee; when they returned, they found tanzanite crystals widely embedded in the earth—formed by the lightning that had pierced the bottom of Mount Kilimanjaro, which exposed the stones. Villagers saw tanzanite as a blessing from God, and the crystal remains a strong supporter of Tanzania's economy today. Mining natural tanzanite is incredibly difficult, and this stone is now even rarer than diamonds; it is the number one crystal export from Africa.

## CRYSTAL HEALING WITH TANZANITE

### Where to use or place on body for healing

Depending on its color, tanzanite corresponds with a variety of chakras; however, its magic is most deeply felt in the Third Eye Chakra. Hold tanzanite to your third eye during meditation or ritual to activate your psychic vision and strengthen intuition and clair-abilities. Tanzanite is also a potent crystal to keep close when performing tarot readings, working with pendulums, or practicing any other form of divination. Keep tanzanite in your workplace or creative space to encourage divine insights. Tanzanite makes a wonderful gift for anyone looking to delve into a world of magic and psychic awakening. Pink tanzanite, which is rare but available, helps develop accurate visions of the future of love for clients seeking wisdom in affairs of the heart.

### For the beginner

- Strengthens the spirit ahead of spiritual work. It pulls you into the present moment and deepens self-awareness, providing you with inspiration and spiritual protection.
- Encourages peace and compassion and forms a bridge between the mind and the heart.
- Shines a light on emotional issues, helping you attune yourself to the energies of love, centeredness, and joy.
- Clears and calms the mind for those who tend to overthink or worry.
- Helps you express yourself from a place of love and compassion, guiding you to act in ways that serve your own highest good as well as the highest good of all.

### For the advanced practitioner

Tanzanite is a stone of alchemy, transformation, manifestation, and spiritual ascension. This healing gem is a member of the Synergy Twelve, a group of high-vibrational crystals believed to activate the light body and enhance and accelerate the processes of spiritual evolution and enlightenment. Tanzanite opens the Third Eye Chakra, deepening spiritual perception and opening you to wisdom from realms beyond our world of time and space. This stone channels teachings from other dimensions and strengthens your connection with your spirit guides. Tanzanite propels spiritual growth by integrating the wisdom of the Third Eye with the knowledge of the heart, helping you attune yourself to the loving messages of Source and lead a life of compassion and divine awareness.

### TANZANITE'S MAGICAL MESSAGE FOR YOU

"Your intuition will never lead you astray. Pay close attention to the messages coming from spirit guides, your higher self, and light teachers from all dimensions."

**Did you know?**
When tanzanite was first discovered, it was thought to be sapphire. However, its multicolored inner fire and unique terminations set it apart as a different stone.

# TERAHERTZ

HEALING
PROTECTION
EMF FILTERING

| | |
|---|---|
| MOHS HARDNESS | 6 |
| CRYSTAL STRUCTURE | N/A |
| PLACES OF ORIGIN | Japan |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Black tourmaline, clear quartz, fluorite, hematite, picture jasper, sunstone |
| ASTROLOGICAL CORRESPONDENCE | Capricorn, Aquarius |

TERAHERTZ'S JOURNEY TO YOU

Terahertz is a manufactured stone created by extracting silica from sand or quartz. Silicon is one of the major components found in Earth's crust. The most significant quantum waves that affect the human body lie between the light and colors our brain can process and electromagnetic waves far beyond our spectrum of sight. Terahertz waves exist within that scope, vibrating at 1 trillion oscillations per second. It's a frequency that resonates deeply in healthy people and animals and helps raise the vibrations in any space. On an energetic level, terahertz emits a pulse that is found throughout the entire universe and is often referred to as the Radiation of Life due to its beneficial properties.

CRYSTAL HEALING WITH TERAHERTZ

### Where to use or place on body for healing

Terahertz is an artificial stone created from material that activates and aligns all the chakras and specifically protects the body from harmful electromagnetic frequencies as well as smog and radiation. Gridded around the body or held in meditation, terahertz is profoundly healing, helping you sleep and relieving stress, anxious energy, and exhaustion. Terahertz stone has an exceptionally high thermal conductivity that improves blood flow and circulation, especially when worn against the skin.

### For the beginner

- Helps to relieve stress and negative thought patterns, particularly those that keep you from falling asleep.
- Boosts mental clarity and helps you absorb and retain new information.
- Encourages creativity and innovation, stimulating new ideas and a sense of adventure for exploration of the unknown.

### For the advanced practitioner

Terahertz guides your innate powers of discernment so you can recognize when action is needed and when it is time for a sacred pause. It also helps to tune you in to the nonphysical reality that exists around us, bringing an appreciation and understanding of unseen wisdom. Terahertz also boosts your self-confidence and sense of individuality, allowing you to fearlessly express the glorious attributes that make you unique and beautiful in all ways.

TERAHERTZ'S MAGICAL MESSAGE FOR YOU

"Move through life knowing you are protected from harmful energy with me as your uplifting guide. Allow my universal frequencies to conduct energies that inspire your imagination and sense of adventure."

**Did you know?**

The moon radiates terahertz frequencies, particularly at the apexes of the new and full moons.

# TIGER IRON

EMPOWERMENT
INTUITION
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia |
| CHAKRA CORRESPONDENCE | Root, Sacral, Solar Plexus |
| PARTNERS WELL WITH | Black tourmaline, cerussite, clear quartz, garnet, heliodor, jasper, smoky quartz, sphalerite |
| ASTROLOGICAL CORRESPONDENCE | Leo |

## TIGER IRON'S JOURNEY TO YOU

Sometimes as gemstones grow and take form, their magic combines unique minerals into one creation to yield an even more potent and precious mineral; tiger iron is one of these multigemstone blended, or amalgam, creations. Also referred to as mugglestone, tiger iron is a blend of three gemstones: hematite, red jasper, and tiger's-eye. It's only found in the Pilbara region of Western Australia, an area rich in iron ore. Tiger iron formed over 2.2 billion years ago during the Archaean era as Earth's crust was cooling, the continents were beginning to gain structure, and the earliest single-celled life-forms were establishing themselves. These microorganisms expelled oxygen as a waste product into iron-rich waters when Earth's atmosphere was still mainly methane. After millions of years of pressure and heat, this combination of processes resulted in a banded tiger iron formation that is hundreds of meters thick in some locations.

## CRYSTAL HEALING WITH TIGER IRON

### Where to use or place on body for healing

Tiger iron activates the Root, Sacral, and Solar Plexus chakras, helping you feel safer and connected to the earth and all those around you. Activating all three of these lower chakras remind you that anything you dream of is achievable with the right motivation and determination. Holding tiger iron amplifies your inner reserves of stamina, strength, and focused will, which allows you to get more done as you go through your day.

### For the beginner

- Keeps you grounded and stabilized during times of turbulence and challenge.
- Reminds you that you are intrinsically good and strong enough to take on anything that comes your way.
- Calms scattered energies, boosts your vitality, and increases your self-confidence.

### For the advanced practitioner

Tiger iron combines the magic of tiger's-eye, hematite, and red jasper. Tiger's-eye boosts confidence and brings courage. Hematite is the most grounding stone on the planet. Red jasper is regenerating and strengthening. Tiger iron draws from the magic of these three, creating a unique and powerfully grounding motivational stone. It is said to draw a person out of even the deepest depression by renewing their self-esteem and inner reserves of both physical and emotional strength. It releases and amplifies creative energies, so it is perfect to be kept in any workspace where imagination and ingenuity are required. Tiger iron's power connects you right into the planet's core, allowing you to release any excess or negative energy, and opening you to receive insights from our planet's earliest history.

### TIGER IRON'S MAGICAL MESSAGE FOR YOU

"If you are feeling energetically drained or exhausted, I will remove the fogginess, bringing renewed vitality and strength. Rely on my ancient energy to ground you into the earth and restore you."

### Did you know?

The unique banding patterns in tiger iron result from continental shift and tectonic movements, folding and distorting the sedimentary layers of Earth's crust billions of years ago. You can literally see Earth's movements in this stone.

# BLUE TIGER'S-EYE (HAWK'S-EYE)

CLARITY
INSIGHT
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia, Brazil, Canada, Myanmar, Namibia, South Africa |
| CHAKRA CORRESPONDENCE | Third Eye |
| PARTNERS WELL WITH | Amazonite, azurite, lapis lazuli, sodalite, turquoise |
| ASTROLOGICAL CORRESPONDENCE | Leo, Capricorn |

## BLUE TIGER'S-EYE'S JOURNEY TO YOU

The rarest variety of tiger's-eye, blue tiger's-eye is also known as eagle's-eye, ox-eye, or hawk's-eye. It gets its color when silica enters the fibers of this stone as it is forming before the iron inclusions have the opportunity to rust; the process usually turns this mineral into a widely recognizable golden hue. Since its discovery, blue tiger's-eye has been used as a talisman in amulets and on staffs and shields as protection against the evil eye. In ancient Egypt, it was referred to as the stone of Horus and was thought to invoke his omniscient wisdom. Roman soldiers adorned their battle shields with blue tiger's-eye to deflect the gaze of their enemies and render their attacks ineffective.

## CRYSTAL HEALING WITH BLUE TIGER'S-EYE

### Where to use or place on body for healing

Blue tiger's-eye offers protection and wisdom and activates the Third Eye Chakra for expanded vision. Placed on this energy center, it makes the perfect talisman for journeying and visioning, deepening your intuition and connecting you to the messages of the spirit realm. Blue tiger's-eye will guide you on your spiritual journey, serving as your compass as you advance along the path toward your highest calling.

### For the beginner

- Brings a profound sense of tranquility and divine understanding.
- Is a powerful shamanic stone of journey work and vision questing, opening your third eye to bring profound spiritual experiences and messages.
- Keeps you safe on all of life's journeys, both spiritual and physical.

### For the advanced practitioner

Blue tiger's-eye brings courage, strength, and willpower to help you remain calm and overcome any hurdle you may be facing along life's path. Blue tiger's-eye is a stone of priestessing, spiritual leadership, and discernment that enables you to see the difference between the things you want and the things you need. It brings a sense of clarity and perspective to challenging situations and allows you to make rational, fully informed decisions. Blue tiger's-eye promotes an inner sense of serenity, soothes stress and anxiety, and is even said to calm an overactive libido.

### BLUE TIGER'S-EYE'S MAGICAL MESSAGE FOR YOU

"Work with me to invite a new sense of clarity to your life to see the truth hidden behind every situation. You can handle all that is revealed with serenity and calm, resting in the knowledge that this wisdom will help guide your decisions in alignment with your highest good."

**Did you know?**
Blue tiger's-eye is thought to deflect any envy or jealous thoughts people may think about you back to the sender.

# GOLDEN TIGER'S-EYE

CLARITY
PROTECTION
STRATEGY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Australia, China, Egypt, Namibia, South Africa, United Kingdom, United States (Arizona, Montana) |
| CHAKRA CORRESPONDENCE | Solar Plexus |
| PARTNERS WELL WITH | Amber, carnelian, charoite, citrine, jasper, malachite, pyrite, quartz (all varieties) |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Leo |

## GOLDEN TIGER'S-EYE'S JOURNEY TO YOU

Golden tiger's-eye is a stone of empowerment associated with Athena, the Greek goddess of wisdom, arts, and strategic warfare. In ancient Egypt, its beautiful golden chatoyancy was also thought to hold the rays of the midday sun, connecting it with Ra, the god of the sun. It was supposed to be imbued with the courage of tigers. It was one of the most prized gems of the Nile River valley, representing the all-seeing eye and placed within the sarcophagi of pharaohs as a sacred offering to guide their way in the afterlife.

## CRYSTAL HEALING WITH GOLDEN TIGER'S-EYE

### Where to use or place on body for healing

Golden tiger's-eye activates the Solar Plexus Chakra for willpower and confidence. Held against this energy center, it brings perseverance and helps you to overcome discouragement voiced by the people around you. Carrying this unique gem provides a protective shield, brings courage, and enables you to see ahead to any changes that may be coming your way. Golden tiger's-eye is associated with the Greek goddess Athena and helps warriors develop sound strategies for success on the battlefield.

### For the beginner

- Enhances intuition and helps you tap into your inner wisdom to use strategy and discernment in any situation.
- Activates a protective shield around the bearer against negativity and physical harm.
- Promotes fair outcomes in negotiations and disagreements.
- Channels visions of past lives in meditation.

### For the advanced practitioner

Tiger's-eye is known as the Counsel Stone because it brings wisdom, courage, and discernment. It will guide you toward your highest truth and help you see what's coming around the corner so you can best prepare. If you, or a healing client of yours, are a person who tends to go to extremes in your emotional reactions, or when taking on a new hobby or consuming substances of any kind (including food), golden tiger's-eye helps to bring balance and moderation. It's a companion through challenging situations and a guide when tough choices need to be made.

## GOLDEN TIGER'S-EYE'S MAGICAL MESSAGE FOR YOU

"Work with me if you seek balance, mental clarity, and empowerment in your decision-making. Meditate with me to see and weigh both sides of a situation, gain insight from your guides, and come to fair and informed conclusions."

**Did you know?**

Ancient Romans wore tiger's-eye amulets to protect them during battle and help ensure success in physical combat.

# RED TIGER'S-EYE

VITALITY
CONFIDENCE
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Australia, Brazil, Canada, India, Namibia, South Africa, United States |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Amethyst, black obsidian, black tourmaline, bloodstone, carnelian, hematite |
| ASTROLOGICAL CORRESPONDENCE | Capricorn |

## RED TIGER'S-EYE'S JOURNEY TO YOU

Red tiger's-eye is found in shades of rust and brick red, and its red markings are the result of oxidized iron within the stone. The ancient Egyptians associated tiger's-eye with the sun god Ra and revered it as a stone of prosperity and abundance. In ancient Rome, tiger's-eye was believed to bring fortitude and protection during battle. Red tiger's-eye, in particular, is known to boost vitality and sex drive. It's coveted as a stone of power, confidence, and higher consciousness. This gem also invokes courage and surrounds you in a gentle shield of protection, keeping you energetically safe and secure.

## CRYSTAL HEALING WITH RED TIGER'S-EYE

### Where to use or place on body for healing

Strengthening and protective, red tiger's-eye is a great stone to keep with you in the car, when traveling, or any time you may need energetic protection. Red tiger's-eye opens and heals the Root Chakra. Place red tiger's-eye on this energy center to come into your physical body when feeling ungrounded and channel vitality, stamina, willpower, and motivation. Red tiger's-eye also assists problem-solving, brings good luck, and clears the mind, making it a powerful ally when setting intentions and manifesting your desires.

### For the beginner

- Helps you access your innermost wisdom and grants you the ability to see ahead, guiding you to make decisions in alignment with your highest good, as a stone of strategy and confidence.
- Stimulates passion and libido, boosts motivation, enhances self-esteem, and improves luck, attracting prosperity into all facets of your life.

### For the advanced practitioner

Red tiger's-eye is a wonderful stone for achieving spiritual balance and creating harmony between your light and dark aspects—yin and yang. This stone also unites your physical self with your spiritual self, helping you feel connected to both the physical plane and the higher realms. In addition, red tiger's-eye encourages positive self-image as well as compassion and empathy for those around you. Red tiger's-eye is a deeply sensual crystal. It centers you within your body, opening you up to all the pleasure this world has to offer.

### RED TIGER'S-EYE'S MAGICAL MESSAGE FOR YOU

"Within you, there is a warrior—powerful and fearless. Wherever you go, you are divinely protected, bestowed with the gifts of courage and confidence."

**Did you know?**
In parts of Africa, tiger's-eye is believed to ward off negative influences and harmful spirits.

# TITANIUM

POWER
ACTION
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 4 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | China, New Zealand, Pacific Ocean, Russia |
| CHAKRA CORRESPONDENCE | All |
| PARTNERS WELL WITH | Amethyst, clear quartz, green tourmaline, moldavite, opal, phenakite, prophecy stone, zincite |
| ASTROLOGICAL CORRESPONDENCE | Virgo, Aquarius |

## TITANIUM'S JOURNEY TO YOU

Titanium was first discovered in 1795 by the German chemist Martin Klaproth. This metal is named after the Titans of ancient Greek mythology, deities known for their great fortitude and power. As strong as steel but less dense, titanium is an ideal metal for use in aircraft, spacecraft, and missiles—similar to aluminum and iron. Titanium is also resistant to corrosion by ocean water, making it a popular choice for protecting the hulls of ships, submarines, and more. Titanium dioxide is commonly found in house paint and is often used in sunscreen because of its ability to protect the skin from UV light. Metaphysically speaking, titanium represents strength, action, and higher awareness. It synthesizes opposing forces, boosts vitality, and encourages movement, which is why it corresponds with Mars—the planet of energy, action, and desire.

## CRYSTAL HEALING WITH TITANIUM

### Where to use or place on body for healing

Titanium corresponds with all chakras and can be placed on any part of the body in need of vitality and healing. Incorporate titanium into meditation or healing work to stimulate the positive flow of life-force energy throughout the body and spur your spirit into action when feeling weak or lethargic. You can also keep titanium in your home, workspace, or anywhere you wish to deflect negativity and clear low vibrations. Pair titanium with your favorite healing crystals to amplify their metaphysical abilities and keep them pure of harmful energies.

### For the beginner

- Brings an overall sense of strength, motivation, vitality, and protection from negativity.
- Encourages mental clarity and focus.
- Promotes growth and physical wellness, helping you move past fear, sluggishness, and other low vibrations and encouraging action over reflection.
- Fortifies the heart space and encourages honesty and self-expression in the realm of love and beyond.

### For the advanced practitioner

Titanium is a metal of higher awareness. It helps you sort through inner conflict and synthesize seemingly opposing forces, guiding you to a state of greater spiritual harmony and balance. Though masculine in nature, titanium also resonates deeply with the moon, representing healing, Divine Feminine connection, and all things associated with Mother Luna. Titanium deeply heals the emotional body and infuses your aura with the entire rainbow spectrum of light, helping you embody pure strength and joy and radiate that energy out into the world.

### TITANIUM'S MAGICAL MESSAGE FOR YOU

"You are invincible, as powerful as steel. Every challenge you've faced has only made you stronger. Believe in your ability to overcome adversity and rise again."

**Did you know?**
Titanium is known to provide protection from electromagnetic frequencies—the harmful rays emitted by phones, computers, and other technological devices. It is one of the metals bonded to quartz and other minerals during the aura treatment process.

# TOPAZ

DISCERNMENT
PEACE
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 8 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Afghanistan, Brazil, Canada, China, Madagascar, Mozambique, Myanmar, Namibia, Pakistan, Russia, Sri Lanka, Ukraine, United States, Vietnam, Zimbabwe |
| CHAKRA CORRESPONDENCE | Solar Plexus, Throat |
| PARTNERS WELL WITH | Amethyst, blue lace agate, clear quartz, lapis lazuli, sapphire |
| ASTROLOGICAL CORRESPONDENCE | Scorpio |

## TOPAZ'S JOURNEY TO YOU

Topaz is a crystal with a long lineage whose roots begin in ancient Greece and Rome. The name "topaz" may come from Topazos, the ancient Greek name for a small island off Egypt's southern coast called Zabargad. While Zabargad never produced topaz, it was once a source of a light yellow-green stone the Greeks and Egyptians referred to as topaz, though it was actually peridot or chrysolite. Another plausible theory about the origin of the name "topaz" is that it derives from the Sanskrit word for fire, "*tapas*." Greeks favored topaz for protection in battle, believing the crystal enhanced physical strength and made the wearer invisible to enemies. Topaz could hide your position and your footsteps, making it difficult to track soldiers or follow them. This explains why ancient soldiers in Greek and Roman armies burnished topaz into their shields and armor to keep them safe and hidden from harm.

## CRYSTAL HEALING WITH TOPAZ

### Where to use or place on body for healing

Different colors of topaz bring their own unique properties and chakra associations. Golden or imperial topaz clears the Solar Plexus Chakra, bringing empowerment and self-confidence. Pink topaz opens the Heart Chakra, encouraging a sense of hope and connection. Blue topaz aligns with the Throat Chakra and aids clarity in communication as well as connecting to your inner truth. Clear topaz activates the Crown and Soul Star chakras, helping you to see how we are all connected by the Divine.

### For the beginner

- Offers protection, profound peace, and privacy.
- Renders the bearer invisible, providing you with a personal energetic sanctuary. Just tuck a piece in your pocket or wear it as jewelry.
- Shows that there are no coincidences in life; everything happens for a reason.
- Brings mental clarity, higher-realm connection, and discernment in battle.

### For the advanced practitioner

Topaz illuminates how your choices affect other people and what kind of karma any actions based on those choices may generate for yourself and others. It speeds up your spiritual development, cleanses the aura, and supports spoken affirmations, particularly regarding manifestation. Topaz also encourages you to share the things you have learned in your spiritual journey with others, offering discernment as to who is ready to hear what you have to offer.

## TOPAZ'S MAGICAL MESSAGE FOR YOU

"See and appreciate the synchronicities in life that have brought you to where you are today. You are protected and guided by the universe at all times."

### Did you know?

Romans believed topaz was a truth-telling stone, revealing the truth in difficult and obscure situations. It was rumored to change color and become darker in the presence of deception or poison.

TOURMALINE

# BLACK TOURMALINE

CLEARING
GROUNDING
PROTECTION

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Afghanistan, Brazil, Madagascar, Pakistan, Russia, Sri Lanka, United States (California, Maine) |
| CHAKRA CORRESPONDENCE | Root |
| PARTNERS WELL WITH | Amethyst, black obsidian, charoite, garnet, hematite, jet, smoky quartz, sugilite |
| ASTROLOGICAL CORRESPONDENCE | Capricorn |

BLACK TOURMALINE'S JOURNEY TO YOU

Black tourmaline, also known as schorl, is the most common member of the tourmaline family. Still, it is also the most protective stone you can work with, creating an energy shield around you that deflects all forms of negativity. It is generally found in granite, metamorphic rocks, and hydrothermal vents, and sometimes, albeit rarely, forms as double-terminated points. Rubbing or heating black tourmaline causes it to hold a modest electrical charge, attracting dust particles and small pieces of paper to it, and it was used by Dutch traders in this way to pull leftover ashes from their smoking pipes.

CRYSTAL HEALING WITH BLACK TOURMALINE

### Where to use or place on body for healing

Placed on the Earth Star and Root chakras, black tourmaline brings deep grounding and connection with the energies of the earth to increase physical vitality and emotional well-being. Place one or several pieces of black tourmaline along the spine to help relieve symptoms of arthritis and bring balance to the adrenal glands. Rare double-terminated black tourmaline is particularly perfect for this work, as it enhances the flow of energy in both directions between the Root and Crown chakras. Because of its clearing properties, black tourmaline can be used to grid all around a person's body to clear their auric field. Bury or place a piece at each of the four corners of your property to keep your home and the people within it safe from harm and to deflect any negative influences.

### For the beginner

- Creates an energetic shield around people, places, and things that deflects all negativity and even prevents loss and theft, making it the best stone for protection and grounding.
- Helps you release the stress that you may be holding on to from your work environment or tensions in the home, transmuting those energies into a sense of harmony and self-confidence.
- Can be placed under the bed to help dispel recurring nightmares and sleep paralysis.

### For the advanced practitioner

Black tourmaline is extra protective if you engage in spirit work. It deflects entities who seek to draw on your energy or are otherwise not aligned with energies of light and the highest good. It is also beneficial when working with clients suffering from chronic anxiety or compulsive behaviors and thinking, helping them to release the negative thoughts or feelings of unworthiness that trigger these patterns. Black tourmaline also helps keep you grounded during shifts in the earth's electromagnetic field and guards against environmental pollutants such as radiation.

BLACK TOURMALINE'S MAGICAL MESSAGE FOR YOU

"When you need the shelter of a safe space, call upon my protective and clearing energies. I banish negativity from your body, auric field, and home. Let me envelop you in a shield of protection."

**Did you know?**

"Tourmaline" comes from the Sinhalese word *"toramalli,"* which was used to describe yellow zircon; however, a shipment of schorl was mistakenly labeled turmalin, and the name stuck.

# GREEN TOURMALINE

COMPASSION
GROWTH
HEART HEALING

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Afghanistan, Africa (Madagascar, Mozambique, Namibia, Nigeria, Zambia), Brazil, Pakistan, United States (California, Maine) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Aventurine, emerald, hiddenite, peridot, tsavorite garnet, uvarovite garnet |
| ASTROLOGICAL CORRESPONDENCE | Aries, Gemini, Cancer, Leo, Virgo, Scorpio |

## GREEN TOURMALINE'S JOURNEY TO YOU

Green tourmaline was first found in the 1500s in Brazil. Originally, the stone was mistaken for emerald, and it wasn't until the 1800s that it was identified as a separate mineral species. The gem saw a spike in popularity after American tourmaline deposits were discovered, and in the 1890s, the stone was reported in California at the Pala mine in San Diego County. The Indigenous peoples of the region had already been working with this gem for centuries, giving it as a funeral gift along with other colors of tourmaline. At the time, green tourmaline was also highly sought after in China. Chinese empress dowager Cixi was especially fond of the gem.

## CRYSTAL HEALING WITH GREEN TOURMALINE

### Where to use or place on body for healing

Green tourmaline heals and opens the Heart Chakra. Hold green tourmaline to your heart space during meditation to connect with the energy streams of love and compassion. You can also hold it over any part of your body in need of healing and revitalization. Keep green tourmaline in your bedroom or anywhere in your home to encourage connection and love. Green tourmaline is also a recommended gem to keep in your garden to encourage your plants to grow and thrive.

### For the beginner

- Infuses you with its gently protective, grounding, and healing energy.
- Opens and heals the heart, ushering you into a state of emotional well-being. It guides you on the path toward divine love and helps you become less inhibited.
- Boosts vitality, stamina, courage, and strength with its masculine vibration.
- Helps you access states of greater emotional, spiritual, and physical wholeness and balance.

### For the advanced practitioner

Green tourmaline helps you align all aspects of your being with the wisdom of your heart. When you are feeling hurt or confused, green tourmaline helps you reconnect with the vibration of love. This gem is especially helpful for those overcoming trauma. It soothes past pain and facilitates the positive flow of energy throughout the body, helping you regain your sense of self after heartbreak or loss. Green tourmaline also connects you with nature spirits and opens up gateways to the devic realm during meditation. Work with this stone to connect with Mother Gaia and her deepest love, compassion, and healing power.

### GREEN TOURMALINE'S MAGICAL MESSAGE FOR YOU

"Spend time with Mother Nature—let her nourish you with her lush green embrace. Come into your body and be revitalized."

### Did you know?

Green tourmaline is the masculine counterpart to pink tourmaline's feminine vibration. While pink tourmaline is soothing and gentle, green tourmaline is strengthening and revitalizing.

TOURMALINE

# INDICOLITE (BLUE) TOURMALINE

ALIGNMENT
PSYCHIC ABILITIES
SPIRITUAL AWARENESS

| | |
|---|---|
| MOHS HARDNESS | 7–7.5 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Afghanistan, Brazil, Mozambique, Namibia, Pakistan, Sri Lanka, United States (California, Maine, Massachusetts, New Hampshire) |
| CHAKRA CORRESPONDENCE | Throat, Third Eye |
| PARTNERS WELL WITH | Blue kyanite, dravite, iolite, lapis lazuli, rainbow moonstone, sapphire, shattuckite |
| ASTROLOGICAL CORRESPONDENCE | Taurus, Libra |

INDICOLITE TOURMALINE'S JOURNEY TO YOU

Indicolite is also known as blue tourmaline, the rarest color of tourmaline. It gets its color from iron, magnesium, and aluminum rather than copper like other blue minerals, and its shade can vary from a light sea blue to deep indigo. Indicolite is strongly pleochroic, showing a range of hues when viewed from different directions or under various light sources. It was named in the early 1800s by Brazilian mineralogist José Bonifácio de Andrada e Silva for its indigo color.

CRYSTAL HEALING WITH INDICOLITE TOURMALINE

### Where to use or place on body for healing

Indicolite tourmaline facilitates the opening of the Throat and Third Eye chakras and helps to develop psychic abilities. Meditating with it placed on the third eye is especially helpful in communicating with higher realms. Because indicolite tourmaline also activates the Throat Chakra, placed on this energy center, it helps you to process the psychic impressions you receive and allow them to flow through verbal communication so you can share them with others.

### For the beginner

- Uncovers and enhances your inherent psychic abilities, including clairvoyance, clairaudience, clairsentience, premonitions, and communicating with Spirit.
- Brings your mind into alignment with your divine purpose.
- Develops spiritual awareness that brings ease to overthinkers.
- Enables you to communicate with your guides and guardians to receive their wisdom about where you most need to heal and how to best continue along your spiritual path.

### For the advanced practitioner

Indicolite tourmaline helps you get to the root cause of emotional trauma or imbalance, making it ideal for supporting a healing client as they explore their past lives to resolve problems they may be currently facing. It brings detachment from surface emotions, allowing you to release deeply held patterns that keep you from reaching a higher state of spiritual awareness. Indicolite tourmaline also enables you to gain understanding and heal the underlying energetic or emotional issues of any physical discomfort or illness.

INDICOLITE TOURMALINE'S MAGICAL MESSAGE FOR YOU

"Open your mind to all the potential of your intrinsic psychic abilities. The more you utilize your intuitive gifts, the more powerful and accurate they grow."

**Did you know?**
Exceptional specimens of indicolite tourmaline can be valued at up to $10,000 per carat.

# PINK TOURMALINE

LOVE
HEART OPENING
RECEPTIVITY

| | |
|---|---|
| MOHS HARDNESS | 7 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Afghanistan, Africa, Brazil, United States (California, Maine) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Dioptase, kunzite, malachite, morganite, pink calcite, rhodochrosite, rhodonite, rose quartz, thulite |
| ASTROLOGICAL CORRESPONDENCE | Libra |

## PINK TOURMALINE'S JOURNEY TO YOU

Some of the earliest pink tourmaline discoveries can be traced to Maine and California during the 1800s. The Maine deposits were known for their raspberry-colored hue, while the pink tourmaline from California was typically bright pink. By the late 1800s, Tiffany & Co. had made pink tourmaline a popular choice for jewelry throughout the States. The stone was later discovered in other parts of the world, and China became one of tourmaline's biggest markets. Chinese empress dowager Cixi was especially fond of the gem, often having it set in jewelry or carved into snuff bottles. Today, this heart-healing stone is seen as a talisman of unconditional love, receptivity, wellness, and grace.

## CRYSTAL HEALING WITH PINK TOURMALINE

### Where to use or place on body for healing

Pink tourmaline is a wonderful stone for opening, cleansing, and strengthening the heart space. Hold this gem to your Heart Chakra in meditation, or keep it by your bedside, in your meditation room, or anywhere you wish to imbue with its tender, loving magic. Though pink tourmaline primarily activates the Heart Chakra, its energy is also felt in the Crown Chakra—your center of faith and connection to the angels and higher realms. This crystal is also a powerful tool for sealing tears in your auric field related to emotional trauma and turmoil that may be depleting you of energy. Children, couples, and anyone in need of emotional healing will benefit from working with pink tourmaline.

### For the beginner

- Relieves stress and soothes emotional wounds, especially those sustained from childhood. This soothing stone embodies the loving, nurturing energy of the Divine Feminine.
- Heals the heart like nothing else and reminds those recovering from heartbreak that it's safe to love with an open heart.
- Deepens divine wisdom and establishes a strong link between you and Source.
- Encourages compassion, calms surrounding energies, and improves relationships and communication.

### For the advanced practitioner

Pink tourmaline is a stone for opening up to love after heartbreak. This gem emanates tender, healing energy that soothes the pain of past trauma or loss and reminds you that it's safe to open yourself to new love. In addition, pink tourmaline helps you find strength in vulnerability; it encourages you to share your heartfelt truths with courage and faith so that you may connect more deeply with those around you. This crystal is also a powerful choice for those looking to rediscover their passion or zest for life. It encourages happiness and lightness of being and restores you to a state of wholeness and peace. Pink tourmaline also guides you to be kinder, more loving, and gentler with others and yourself.

### PINK TOURMALINE'S MAGICAL MESSAGE FOR YOU

"When love comes knocking at your door, don't be afraid. Answer the call. You are deserving of kindness, connection, and gentle care. After loss, love always returns."

**Did you know?**

Wearing pink tourmaline jewelry is said to activate the "higher heart" and open one to the energy of universal love.

TOURMALINE

# RUBELLITE

BOUNDARIES
HEART HEALING
LOVE

| | |
|---|---|
| MOHS HARDNESS | 7–7.5 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Brazil, Canada, Czech Republic, Madagascar, Myanmar, Russia, United States (California, Maine), Zimbabwe |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Danburite, green tourmaline, kunzite, morganite, petalite, rhodonite, rose quartz, seraphinite |
| ASTROLOGICAL CORRESPONDENCE | Scorpio, Sagittarius |

RUBELLITE'S JOURNEY TO YOU

Getting its name from the Latin "*rubellus*," rubellite is sometimes mistaken for ruby because of its color, which comes from the presence of manganese. There was once a time when all red gemstones were referred to as "ruby," including rubellite. In 1777 King Gustav III of Sweden gifted Catherine the Great the famous Caesar's Ruby as a peace offering. The stone weighed in at 250 carats, but after it was examined by the mineralogist Aleksandr Evgenevich Fersman during an inventory of the Russian crown jewels in 1922, it was discovered that it wasn't ruby at all but rather a red rubellite tourmaline.

CRYSTAL HEALING WITH RUBELLITE

### Where to use or place on body for healing

Rubellite simultaneously activates the Root and Heart chakras, helping you anchor into the protection and care of Gaia. Placed on these energy centers, it heals emotional wounds, helps you rediscover and reconnect with your passion for life, and boosts your life force. The more you work with it, the more you open your heart to love, and the easier it is to manifest your desires. Rubellite goes deeper than other heart stones, connecting you not just to the love between humans but to universal energies of love.

### For the beginner

Attracts love and helps to clear karmic love bonds and debts.

Strengthens your heart and connects you to the love and compassion of Mother Earth, serving as a bridge that helps you tap into that energy for healing.

Stimulates courage and inspires you to protect and stay committed to what you truly love while allowing you to create healthy boundaries so that people cannot take advantage of you in any way.

### For the advanced practitioner

Rubellite harmonizes the feminine energies within any gender. Feminine and masculine do not exist without each other, and bringing them into balance and unity has the profound power to heal ourselves and Earth. The feminine energy of rubellite is receptive, nurturing, magnetic, and mysterious; it creates an environment of unity and inclusivity, helping humans find joy in their similarities and synchronicities.

RUBELLITE'S MAGICAL MESSAGE FOR YOU

"Strengthen your heart with me as your ally. I provide the emotional support you need to establish and maintain boundaries while also being open to love in all of its forms."

### Did you know?

While many gemstones change color depending on the light source, a true rubellite shines just as brightly indoors under artificial light as it does outside under natural sunlight.

# WATERMELON TOURMALINE

COMPASSION
HEART HEALING
LOVE

| | |
|---|---|
| MOHS HARDNESS | 7–7.5 |
| CRYSTAL STRUCTURE | Trigonal |
| PLACES OF ORIGIN | Brazil, Madagascar, Namibia, United States (Arizona, California, Colorado, Connecticut, Maine) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Aquamarine, morganite, pink calcite, pink opal, rhodochrosite, rose quartz, ruby |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Virgo |

## WATERMELON TOURMALINE'S JOURNEY TO YOU

Watermelon tourmaline was first discovered in Maine in 1902. It was named for its unmistakable coloring—a vivid pink center surrounded by deep, lush green in a pattern reminiscent of the fruit it was named after. As the pink tourmaline in the center was forming, it became exposed to trace minerals such as manganese and lithium, causing it to change color to green over time, resulting in this unique layering. The Minas Gerais region of Brazil is famous for its high-quality watermelon tourmaline specimens, often considered some of the most beautiful examples of this stone in the world.

## CRYSTAL HEALING WITH WATERMELON TOURMALINE

### Where to use or place on body for healing

The pink and green layers in watermelon tourmaline activate the entire Heart Chakra, or *anahata* in Sanskrit. Held against the heart space, it generates a profound sense of love and compassion that can bring true healing to the soul and reawaken your heart so it can give and receive love. Held in meditation, watermelon tourmaline brings a sense of serenity and calm, helping you to release the stress you have felt during the day. This is especially helpful in achieving a work-life balance.

### For the beginner

Opens and activates the entire Heart Chakra while also aligning your energy system and auric field, healing the body, calming the mind, reducing stress, and promoting mental sharpness.

Attracts love of all kinds into your life, creating fulfilling and authentic relationships that bring a sense of wholeness to your heart.

Deepens your relationships, heals past trauma, and strengthens your body's immune system.

### Did you know?

Watermelon tourmaline is said to not only heal emotional wounds of the heart but also to support its physical health, even helping to slow and soothe a rapid heartbeat in times of high anxiety.

### For the advanced practitioner

Watermelon tourmaline unlocks the deepest and darkest corners of your heart and supports you as you work on healing the shadows that lie within. It helps you heal, integrate, and release all emotional wounds and trauma from the past so that you can experience true emotional freedom. Watermelon tourmaline infuses you and your space with joy, optimism, and enthusiasm for life and love. Hold it in meditation to allow its compassionate energy to infuse your whole body and spirit and to bring revitalization and rejuvenation to your heart.

### WATERMELON TOURMALINE'S MAGICAL MESSAGE FOR YOU

"Life is generous and good. Know that you belong right where you are and that all the love you have is safe to share and express."

# TREMOLITE

COMPASSION
CONNECTION
HEART HEALING

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Austria, China, India, Madagascar, Pakistan, Tanzania |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Actinolite, brookite, danburite, green tourmaline, nephrite, petalite |
| ASTROLOGICAL CORRESPONDENCE | Libra, Scorpio, Pisces |

## TREMOLITE'S JOURNEY TO YOU

Tremolite is named after the place it was first discovered, Val Tremola, Switzerland, in the late eighteenth century. It occurs in a variety of colors, from gray and green through to pink. It is often seen as an amphibole inclusion in quartz and emerald. Tremolite has been an important find in some paleontological sites as it helps scientists distinguish between the metamorphic layers to help with site dating, particularly around the Triassic period, during which it first began to form. It's one of the six currently identified types of asbestos, and over 200 tons of it is mined annually in India.

## CRYSTAL HEALING WITH TREMOLITE

### Where to use or place on body for healing

Tremolite is one of the best crystals for heart healing. This gorgeous gem opens the heart to emotional connection, love, and compassion. It resonates with the Heart Chakra and can be used for understanding and releasing trauma. Held against the heart center, tremolite also helps you recognize when you are engaging in self-sabotaging behaviors and allows you to feel worthy enough to accept the good in your life without trying to push it away.

### For the beginner

- Balances emotions, eases feelings of angst and nervousness, and assists you in building self-confidence.
- Helps to keep partners together even when, physically, there might be some distance. It maintains an energetic connection between you and your loved one and is perfect to work with if you're in a long-distance relationship.
- Reveals any emotional themes that keep you from feeling and showing up authentically in relationships.

### For the advanced practitioner

Tremolite is a high-vibrational stone that brings peace and helps to boost your assurance in love. If you desire to heal issues around trusting love, this crystal is for you. It increases the vibrations of your heart space, boosts confidence, and relieves nervousness and anger. Tremolite also heightens your consciousness and helps you stay in meditative states for more extended periods of time, amplifying feelings of peace and transcendence.

### TREMOLITE'S MAGICAL MESSAGE FOR YOU

"You are a conduit for love and peace. Allow me to support you in making the conscious choice to be kind and compassionate toward yourself and to love yourself unconditionally. Free yourself from the hurts of the past and move forward into a space of self-acceptance and trust."

**Did you know?**

The tremolite needles in cabochons cut from a specific deposit in Ontario, Canada, display a distinct and rare chatoyant cat's-eye effect.

# TURQUOISE

AUTHENTICITY
COMMUNICATION
TRUTH

| | |
|---|---|
| MOHS HARDNESS | 5–6 |
| CRYSTAL STRUCTURE | Triclinic |
| PLACES OF ORIGIN | Australia, Chile, Germany, Iran, Mexico, Spain, United States (Arizona, California, Colorado, Montana, New Mexico) |
| CHAKRA CORRESPONDENCE | Throat |
| PARTNERS WELL WITH | Aquamarine, azurite, chrysocolla, hemimorphite, howlite, larimar, malachite, rainbow moonstone, tiger's-eye |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## TURQUOISE'S JOURNEY TO YOU

Turquoise is the traditional and primary birthstone for December and has an impressive and magical legacy. The finest-quality turquoise in the world has always come from Persia, or modern-day Iran, where it was revered as a source of good fortune. Turquoise has been cherished for centuries among Native Americans, who consider it a potent purifier and healer as well as a stone that strengthens and protects warriors in battle. No matter where turquoise is found, it is prized for its qualities of healing, beauty, and harmony.

## CRYSTAL HEALING WITH TURQUOISE

### Where to use or place on body for healing

Turquoise activates the Throat Chakra to help you articulate your truth with confidence and poise. Meditating with turquoise encourages you to dream a bigger dream for yourself and your life, through which you can manifest your visions of harmony and unity on Earth. Hold turquoise in your receiving hand and set the intention to receive peace, wisdom, and truth, which are the gifts of the Throat Chakra. Then transfer it to your projecting hand and send this same energy stream out into the world as a blessing for all to enjoy.

### For the beginner

- Embodies wholeness and higher truth and helps you find your sacred voice.
- Makes it easier for you to articulate your most profound wisdom and express your truth safely.
- Provides potent healing and purification, promoting a rich sense of serenity, good fortune, protection, and overall peacefulness. It also strengthens and protects warriors in battle.

### For the advanced practitioner

For advanced crystal healers, turquoise is a truth-seeker stone of self-realization and spiritual expansion. It strengthens the soul, promotes authenticity, and is protective and purifying. Turquoise can help heal the emotional body, relieve stress, and bring your awareness back to its true center, which is your heart. Working with turquoise brings good fortune, helps restore depleted vitality, and provides a boost when you're in low spirits. Turquoise is a teacher of compassion and forgiveness. The more you work with it, the more radiant and expansive your reality will seem. Keep an open heart, and don't be surprised if you find yourself reliving those feelings of magical possibility that were so natural in you as a child.

## TURQUOISE'S MAGICAL MESSAGE FOR YOU

"Allow me to help you find your true inner voice and express it authentically and with ease. Tap into energies of honesty, trust, and loyalty, and apply them to your dealings with both other people and yourself."

### Did you know?

The rarest turquoise in the United States comes from the Kingman mine in Arizona, aptly dubbed Sleeping Beauty. The Kingman mine is the last fully functional commercial turquoise mine in the United States.

# VANADINITE

CREATIVITY
INSPIRATION
MOTIVATION

| | |
|---|---|
| MOHS HARDNESS | 2.5–3 |
| CRYSTAL STRUCTURE | Hexagonal |
| PLACES OF ORIGIN | Australia, France, Germany, Italy, Morocco, Spain, United Kingdom, United States (Arizona, California, Nevada, New Mexico) |
| CHAKRA CORRESPONDENCE | Root, Sacral, Solar Plexus, Third Eye |
| PARTNERS WELL WITH | Axinite, carnelian, cerussite, iolite, labradorite, orange calcite, pyrite, sphalerite, tiger iron |
| ASTROLOGICAL CORRESPONDENCE | Virgo |

## VANADINITE'S JOURNEY TO YOU

Vanadinite is a dense but brittle crystal, so it needs to be treated with care. It was initially discovered in Mexico in 1801 and is formed when iron ore deposits in desertlike locations, such as mimetite and galena, go through a process of oxidization, creating vanadinite as a secondary mineral deposit. The Spanish mineralogist Andrés Manuel del Río, who first found vanadinite, suspected that it contained an as-yet-undiscovered chemical element that he first referred to as pancuronium and then erythronium. However, later, after the element vanadium was discovered, it was found that del Río's mineral contained a high level of it, and the mineral was subsequently named vanadinite after this element. Today, almost all vanadinite in the world comes from Morocco.

## CRYSTAL HEALING WITH VANADINITE

### Where to use or place on body for healing

Vanadinite is predominantly a Sacral Chakra stone, and held against this energy center, it brings increased productivity, creativity, and motivation in all areas of life. Held against the Root Chakra in meditation, it brings stamina and strength. Vanadinite also activates the Third Eye Chakra for a boost in inspiration and clarity. It helps you envision the ultimate outcome of a project to help you manifest it into reality. It is constructive in linking the energies of all three of these chakras together when you need that final boost of energy and enthusiasm to cross the finish line of a long-term project, especially to do with writing.

### For the beginner

- Keeps you accountable. It has a reputation as the butt-kicker stone—it helps you overcome obstacles and procrastination.
- Encourages thriftiness, helping you conserve both money and energy.
- Helps with writer's block and supports you in seeing tasks through to completion. This gem is a powerhouse crystal to place on your desk or altar or carry with you throughout the day.

### For the advanced practitioner

Vanadinite is a stone of stamina, discipline, and creativity. It serves as a powerful aid in creative projects because of its ability to inspire both fiery determination and earth-based discipline. It also helps you to express your desires, including those relating to your sexuality, in more creative and fun ways, helping you regain an intimate spark with your partner.

### VANADINITE'S MAGICAL MESSAGE FOR YOU

**"You have the infinite capacity to succeed at anything you put your mind to. I will support you through this by bringing the endurance, persistence, and stamina that you need to complete your endeavors."**

### Did you know?

Vanadinite is a supportive stone to work with during menopause, as it is said to aid in countering the physical and emotional effects of diminished hormone production.

# VESUVIANITE

DESIRE
PASSION
PLEASURE

| | |
|---|---|
| MOHS HARDNESS | 6.5 |
| CRYSTAL STRUCTURE | Tetragonal |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Canada, China, France, Italy, Japan, New Zealand, Norway, United States (Arizona, California, Colorado, Nevada, New Mexico, Utah) |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Chiastolite, dioptase, emerald, garnet, kunzite, morganite, nuummite, rhodochrosite, ruby, stromatolite |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius, Capricorn |

## VESUVIANITE'S JOURNEY TO YOU

Vesuvianite was first discovered in the vicinity of Mount Vesuvius, after which it was named in 1795. It is also referred to as idocrase and vasonite. Vesuvianite has three popular subvarieties, which are categorized according to their color and the locations in which they are found. Californite is a green variety of vesuvianite from California, also known as California jade. Cyprine is copper rich, giving it a blue color, and is found in Sweden and South Africa. Fluorvesuvianite is a form of white vesuvianite that originates in Russia. All three bear the same mineralogical, metaphysical, and geological properties.

## CRYSTAL HEALING WITH VESUVIANITE

### Where to use or place on body for healing

Vesuvianite is a Heart Chakra stone of passion that intensifies physical lust and activates eros-based energies. It's also a stone of Solar Plexus courage that unites the heart and will. Work with this gem by holding it against these energy centers or meditate with it to ignite your desire and thoroughly enjoy it without shame or inhibitions. Set it on your nightstand for extra passion in the bedroom and to open yourself up to express and receive more physical pleasure. Eros is the Greek god of desire, so if you are looking to enhance physical pleasure in a relationship, vesuvianite is a critical addition to bedroom grids for passion.

### For the beginner

- Supports you as you express your sexual needs and engage in erotic play.
- Helps you to release self-limiting beliefs around feeling unworthy of experiencing any form of pleasure simply for pleasure's sake. It allows you to feel safe reveling in the moment and enjoying healthy levels of indulgence.
- Encourages your sense of humor even in challenging situations.

### For the advanced practitioner

Vesuvianite is primarily a gem of passion, but it also has much more to offer. It is the stone of following your heart's desire. This gem calls forth energies of transformation and wholeness and aligns your willpower with the true desires of your heart. It grants the courage needed to walk your soul path and helps you embrace the goals and desires of your higher self. If you feel disconnected from your inner magic, like you're not living up to your fullest potential and seizing the moment, vesuvianite is your gem.

## VESUVIANITE'S MAGICAL MESSAGE FOR YOU

"You are a sacred fountain of passion and desire. Hold me close and feel me bring you to life, overflowing and nourishing everything in your path. Allow me to stimulate your vitality and help you live a full, sexy, and fierce life."

**Did you know?**
Vesuvianite is related to both epidote and zoisite, which are useful for manifesting higher levels of human life-force energy.

ZEOLITE

# APOPHYLLITE

CLARITY
DIVINE CONNECTION
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 5 |
| CRYSTAL STRUCTURE | Tetragonal |
| PLACES OF ORIGIN | Brazil, Canada, Germany, Greenland, Iceland, India, Italy |
| CHAKRA CORRESPONDENCE | Heart, Crown, Soul Star |
| PARTNERS WELL WITH | Amethyst, clear quartz, hematite, heulandite, stilbite |
| ASTROLOGICAL CORRESPONDENCE | Gemini, Libra |

APOPHYLLITE'S JOURNEY TO YOU

Apophyllite is a stone from the zeolite family of minerals said to have ties to the ancient civilization of Atlantis, granting access to advanced wisdom by activating the Soul Star Chakra. It forms in pyramid-shaped crystals, sometimes referred to as "pyramids of light," which are said to be gateways to other dimensions, including the galactic library known as the Akashic records.

CRYSTAL HEALING WITH APOPHYLLITE

### Where to use or place on body for healing

Apophyllite channels universal light energy, making it a beneficial stone for Reiki healing. Placed on the Crown Chakra during meditation, spiritual journeying, and astral projection, this gem helps you consciously remember the wisdom gained during spiritual experiences once you return to the physical plane. On the Third Eye Chakra, apophyllite grants visions of the future based on your present circumstances, allowing you to see the consequences of your choices with clarity and either make necessary changes or recommit to your current path. Placed on the Heart Chakra, it also brings emotional healing and purification, helping you acknowledge and transform pain and heartache from the past into high-vibrational wisdom and enlightenment.

### For the beginner

- Lifts any burdens in your heart by clearing the worries and problems you feel you can't share with others when held during meditation. It permeates the heart chakra with light vibrations that soothe frayed nerves.
- Helps you see your concerns with a fresh perspective more in line with reality, reducing overwhelming feelings and anxieties that can make issues seem more significant than they really are.
- Helps you see the wisdom that resides within any challenge you may face and releases the need for control over life's uncertainties.

### For the advanced practitioner

Apophyllite attunes you to alternate realities and higher dimensions. It expands your mind by activating the Soul Star Chakra and encouraging an awareness of how consciousness manifests in all beings. Apophyllite shows you how all things in creation are connected through Source energy, bringing healing and spiritual ascension through this knowledge. If you gaze through the bottom of an apophyllite pyramid toward its point, it creates an interdimensional portal of psychic vision to the spiritual realms that resembles the Sri Yantra from the Buddhist tradition. This portal provides swift access to the Akashic records, past-life wisdom, and communication with interstellar beings.

APOPHYLLITE'S MAGICAL MESSAGE FOR YOU

"Share your burdens with me—the worries you feel you can tell no one else—and I will transmute your anxiety to clarity."

**Did you know?**

Apophyllite is said to bring protection from fire and is used by firefighters to keep them safe, and is sometimes held by fire walkers to prevent burns to their feet from the hot coals!

ZEOLITE

# HEULANDITE

ANCIENT WISDOM
HEART HEALING
SPIRITUAL EVOLUTION

| | |
|---|---|
| MOHS HARDNESS | 3.5–4 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Austria, Chile, India, Madagascar, New Zealand, Russia, Uruguay |
| CHAKRA CORRESPONDENCE | Heart, Third Eye, Crown |
| PARTNERS WELL WITH | Apophyllite, green tourmaline, kunzite, morganite, prasiolite |
| ASTROLOGICAL CORRESPONDENCE | Sagittarius |

## HEULANDITE'S JOURNEY TO YOU

This gleaming gem is part of the zeolite family and has powerful ties to primordial worlds. Heulandite is one of the crystal keys capable of unlocking the mysteries and wisdom of the Atlantean root race. Heulandite comes primarily in pink and green, both of which open the Heart Chakra.

## CRYSTAL HEALING WITH HEULANDITE

### Where to use or place on body for healing

Heulandite is attuned to the broader Heart Chakra frequency of our planet. It is a supreme stone of love attraction. Meditate by placing a piece of green or pink heulandite on your heart and imagine that light radiating from your heart out across the universe, sending and receiving heart-healing frequencies to support your growth and development. Green heulandite is a master healer of the subtle body. Disease first begins as an energetic disturbance in the subtle body before it manifests in the physical body; by working with heulandite, you can discern the early signs of disease and illness in your body or that of your client.

### For the beginner

- Emits an intense, high vibration that charges meditation and ritual with the wisdom, vitality, and magic of the ancients.
- Takes you deep, so be intentional when working with it. I recommend having a grounding tool nearby while harnessing the energy of heulandite.
- As a journey stone, opens you to experiences you were meant to have.
- Facilitates higher awareness and balances emotional and intellectual energies.

### For the advanced practitioner

You can meditate with heulandite to heal karmic bonds related to emotional wounds, such as betrayal, abandonment, and dishonesty, so they can be released and not continue to manifest in the form of dysfunctional relationships. Heulandite also unlocks keys to understanding your love contracts in this lifetime, with both those you currently have relationships with and those you might meet and love in the future. If you feel you have Atlantean lineage, heulandite connects you to frequencies that return your wisdom but transmute your karma from this period of transformation on our planet.

### HEULANDITE'S MAGICAL MESSAGE FOR YOU

"With me as your guide, you will tap into information that will level up your spiritual evolution in ways you never thought possible. Trust that your heart and mind are ready for this next step."

### Did you know?

In addition to its intense spiritual properties, heulandite also absorbs toxins and odors from the air, operating much like an air purifier for those with allergies and sensitivities to pollutants.

ZEOLITE

# NATROLITE

ALIGNMENT
PAIN RELIEF
SPIRITUAL EVOLUTION

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Austria, Czech Republic, Iceland, New Zealand, Russia, Sweden, United Kingdom, United States (California, Illinois, New Jersey, Oregon) |
| CHAKRA CORRESPONDENCE | Third Eye, Crown, Soul Star |
| PARTNERS WELL WITH | Danburite, fluorite, larvikite, moldavite, seraphinite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Aquarius |

## NATROLITE'S JOURNEY TO YOU

Natrolite is the great cleanser and activator of the Synergy Twelve group. Energetically, natrolite is aligned with the human central nervous system, where it monitors and relays energetic messages. Natrolite facilitates contact with the higher self—the part of ourselves that knows best how to embody one's most profound truth.

## CRYSTAL HEALING WITH NATROLITE

### Where to use or place on body for healing

Natrolite is one of the most sensitive stones of early protection before you can even sense that energies are overwhelming you. If you are a healer or empath, natrolite is an essential healing tool to keep in your crystal collection. In metaphysical circles, natrolite is used to help heal physical conditions that affect the central nervous system, particularly the myelin sheath surrounding nerves. Those with multiple sclerosis and degenerative brain disease have turned to natrolite in recent years as one part of a holistic treatment protocol. Natrolite also brings significant pain relief, especially when pain originates from nervous system conditions. Simply place it wherever you are feeling physical pain, or on your heart space if the pain is of an emotional nature, and let it soothe your aches away.

### For the beginner

- Creates the shell of your protective egg of energy and can be a powerful tool for empaths and healers, who are more affected by vibrational changes.
- Helps promote positive energy flow through both the physical and subtle bodies.
- Helps empaths maintain good auric boundaries during healing work.

### For the advanced practitioner

You must raise an immense amount of energy if you wish to ascend spiritually. This requires mental, emotional, and spiritual fortitude. Natrolite is an ally in the energy-gathering process, helping strengthen your spiritual reserves. This gem extends your sense of awareness beyond yourself and outward toward the planet, mineral kingdoms, and global and universal energies. In this way, natrolite is also a stone of deep compassion, helping you understand and see the true light and essence of people, experiences, and energies around you.

### NATROLITE'S MAGICAL MESSAGE FOR YOU

"Experience an amazing personal shift as you connect with my high-vibrational energies. If you are committed to taking your spiritual growth to new levels, I will accelerate the process."

### Did you know?

Rhodatrolite is a rare form of pink natrolite that has recently been found in Indonesia. It has a similar texture to larimar and brings tranquility, deep heart healing, and serenity.

ZEOLITE

# SCOLECITE

ASCENSION
UNIVERSAL CONSCIOUSNESS
LINEAGE HEALING

| | |
|---|---|
| MOHS HARDNESS | 5–5.5 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Iceland, India |
| CHAKRA CORRESPONDENCE | Soul Star |
| PARTNERS WELL WITH | Amethyst, danburite, phenakite, selenite, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Capricorn |

SCOLECITE'S JOURNEY TO YOU

Scolecite is a Synergy Twelve stone that is relatively new to the crystal world. This gem is a silicate mineral, meaning it contains silicon and oxygen. Silicate minerals make up a big portion of Earth's crust and have also been found on the moon and in meteorites. Scolecite gets its name from the Greek "*skolex,*" meaning "worm," referring to the way that the stone curls up when held to a blowtorch. It's known as a gem of interdimensional awareness that propels ascension, aids dream interpretation, deepens universal consciousness, and brings inner peace and a flow of light energy. For those looking to powerfully clear and heal intergenerational trauma, scolecite makes a potent companion.

CRYSTAL HEALING WITH SCOLECITE

### Where to use or place on body for healing

Scolecite is a powerful stone to carry into meditation. Hold it to open up communication between you and the higher realms, or place this stone in your pillowcase to encourage deeper sleep and open up to receiving spiritual messages in your dreams. Comforting and emotionally healing, scolecite is also a potent gem for clearing the heart space. Hold scolecite to your heart to soothe past pain and ascend to a state of greater peace, awareness, and universal connection. Scolecite is deeply protective, making it an ideal stone to keep in the home or anywhere you wish to surround in safeguarding energies.

### For the beginner

- Soothes the heart space, deepens meditation, and encourages serene, restful sleep.
- Awakens the "higher mind," helping you see life from a broader perspective and tune in to the consciousness of the Divine. This gem is purifying and balancing, helping you release negative energies and embody peace and love.
- Soothes restlessness and provides relief from insomnia. It aids dream recall and connects you with your higher self, helping you better understand your path and divine purpose on this earth.

### For the advanced practitioner

Scolecite is a stone of ascension and expansion. This gem aids interdimensional travel and opens you up to wisdom from realms beyond our world of time and space. It facilitates lucid dreaming and transports you to higher dimensions, imparting you with the peace and awareness that comes with connecting with higher beings. Scolecite also powerfully cleanses the aura and channels ancient wisdom. Scolecite also encourages kindness and compassion, leading you to open up to the troubles of others and hold space for anyone in need. It helps you confront and release any feelings of judgment you may be holding on to, so that you may connect more deeply with those around you and feel a sense of unity with All That Is.

SCOLECITE'S MAGICAL MESSAGE FOR YOU

"You are just one part of a cosmic web, placed on this earth to embody peace, healing, light, and love. Act in concert with the highest good of all, and you will find peace."

### Did you know?

Some say scolecite carries the vibration of "om"—the sound of the name of God. Like the "om" sound when it is chanted, scolecite brings an immediate sense of peace and spiritual understanding.

ZEOLITE

# STILBITE

CLARITY
DREAM RECALL
WISDOM

| | |
|---|---|
| MOHS HARDNESS | 3.5–4 |
| CRYSTAL STRUCTURE | Monoclinic |
| PLACES OF ORIGIN | Australia, Austria, Canada, Costa Rica, Finland, Germany, Iceland, India, Italy, New Zealand, Norway, Switzerland, United Kingdom, United States (Arizona, California, Colorado, Idaho, Montana, Oregon) |
| CHAKRA CORRESPONDENCE | Heart, Crown |
| PARTNERS WELL WITH | Apophyllite, celestite, heulandite, morganite, natrolite, scolecite |
| ASTROLOGICAL CORRESPONDENCE | Aries |

## STILBITE'S JOURNEY TO YOU

Stilbite is a form of zeolite discovered in 1797 by Jean Claude de la Métherie, though it wasn't named until 1801, by R. J. Haüy, from the Greek *"stilbein,"* which means "to glitter or shine," referring to its beautiful pearly peach sheen. It is often found growing with apophyllite and heulandite in volcanic environments, forming as flattened, pointed terminations. There are two forms of stilbite containing calcite and sodium; stilbite-Ca holds more calcium, while stilbite-Na is richer in sodium. Despite this difference, they both have the same metaphysical properties. It's a powerful stone that frees you from self-limiting beliefs in order to steer you toward your bliss.

## CRYSTAL HEALING WITH STILBITE

### Where to use or place on body for healing

Stilbite is a Heart and Crown chakra gem, creating a beautiful bridge between spirit and emotion. It encourages past-life recall, inner wisdom, and an expanded sense of self. Held in meditation, stilbite deepens your intuition. It guides your decision-making process, especially if you are feeling overwhelmed by too many options, to help you further evolve along your spiritual path, following your bliss with a sense of optimism. You can even sleep with this gem nearby, setting the intention for a better chance of remembering your dreams!

### For the beginner

- Lifts the spirit and gently draws upon the light of Source.
- Inspires the strength necessary to let go of outdated thought patterns that no longer serve you.
- Helps you to keep a tidy mind, allowing what's most essential and what deserves your attention to be thrown into greater clarity.
- Grants access to your inner wisdom and supports an honest connection to spirit.

### For the advanced practitioner

Stilbite connects you with your guides and helps you to access ancient wisdom—wisdom from across your many lifetimes. It facilitates travel to other realms and aids in manifesting energies from the spirit realm in the physical world. Stilbite also encourages a decluttered mind, helping you to access your innermost visions and dreams.

### STILBITE'S MAGICAL MESSAGE FOR YOU

"Hold me close and feel my calming frequencies of love, joy, and bliss. I will clear your mind and open you to receive the Universe's infinite love."

**Did you know?**
In ancient healing folklore, stilbite was thought to remove toxins and poisons from the body.

# ZIRCON

ALIGNMENT
CLEARING
MANIFESTATION

| | |
|---|---|
| MOHS HARDNESS | 7.5 |
| CRYSTAL STRUCTURE | Tetragonal |
| PLACES OF ORIGIN | Australia, Cambodia, China, Kyrgyzstan, Madagascar, Myanmar, Russia, Sri Lanka, Tanzania, Thailand, Vietnam |
| CHAKRA CORRESPONDENCE | All, particularly Root |
| PARTNERS WELL WITH | Diamond, garnet, moldavite, phenakite |
| ASTROLOGICAL CORRESPONDENCE | Leo, Sagittarius |

## ZIRCON'S JOURNEY TO YOU

Zircon is the oldest mineral on Earth, with its origins dating back over 4.4 billion years, not much younger than the planet itself, which is estimated to be 4.6 billion years old! The name "zircon" comes from the Persian word "*zargun*," which means "gold colored," even though the mineral comes in a range of colors from blue to red. Zircon has an affinity for magic, which makes it a favorite tool for creating all things magical, both in ancient times and today. Zircon is even mentioned in the book of Exodus in the Old Testament of the Bible as being one of the stones of fire that were given to Moses and subsequently set in the breastplate of Aaron. In ancient Greece and Rome, zircon was thought to be one of the most protective amulets and was often worn to safeguard against danger and negativity.

## CRYSTAL HEALING WITH ZIRCON

### Where to use or place on body for healing

Zircon is a high-intensity stone that has the power to transmute sluggish energies in the chakras and meridians. Zircon corresponds primarily to the Root Chakra, but it activates all of the primary chakras, including the Earth Star and Soul Star. Zircon is immensely healing for the mind, body, and spirit and brings balance to all three. It's also a potent detoxifying stone, able to clear all stagnant energies from your body and auric field when held in meditation.

### For the beginner

- Solidifies and materializes thought forms in the physical realm.
- Facilitates the final step of manifestation, which is taking the thought and helping you to create the form.
- Grounds and protects.

### For the advanced practitioner

Zircon clears negative and low vibrations and creates a space where happiness, joy, and healing flourish. It purifies and protects the mind, body, and spirit and helps increase self-esteem and confidence. In addition to its clearing properties, zircon brings prosperity and long-term financial stability. It maximizes the flow of resources, especially money. Zircon calms the mind, eases stress and tension, and improves overall mental stability. It increases creative energy and confidence and boosts all kinds of expression. Zircon strengthens and harmonizes relationships, especially partnerships, and encourages understanding between people. It connects you to Source, facilitates ease in everything you aspire to, and brings your goals into divine alignment.

### ZIRCON'S MAGICAL MESSAGE FOR YOU

"I have been around almost as long as Earth herself and contain her timeless wisdom and infinite healing. I have seen all the physical matter and life on this planet come into form, and I offer the same energies of creation to you."

**Did you know?**

In the Middle Ages, zircon was believed to drive away the evil spirits thought to cause nightmares, ensuring a good night's sleep.

# ZOISITE

GROUNDING
SELF-DISCOVERY
VITALITY

| | |
|---|---|
| MOHS HARDNESS | 6–7 |
| CRYSTAL STRUCTURE | Orthorhombic |
| PLACES OF ORIGIN | Found globally; the most important localities are Australia, Austria, Canada, China, Italy, Mexico, New Zealand, Pakistan, Tanzania, United States |
| CHAKRA CORRESPONDENCE | Heart |
| PARTNERS WELL WITH | Apophyllite, kunzite, opal, rose quartz, ruby, sapphire, tanzanite |
| ASTROLOGICAL CORRESPONDENCE | Cancer |

## ZOISITE'S JOURNEY TO YOU

Zoisite was initially discovered in 1805 in the Sau Alps range in Austria and was named saualpite after this locale. It was later renamed zoisite after the Austrian scientist Sigmund Zois. Zoisite is generally found in schist and metamorphic rocks, growing alongside other minerals such as garnet, actinolite, and vesuvianite. It is well known for containing ruby inclusions, which adds to its heart-healing properties.

## CRYSTAL HEALING WITH ZOISITE

### Where to use or place on body for healing

Zoisite activates the Heart Chakra. Meditating with it held against your heart space helps to open the mind so you can listen and pay attention to the messages of the heart. Zoisite radiates an energy of growth and richness in all aspects of life. It provides energy for the rebirth of the soul, encouraging spiritual development and an increased understanding of yourself and the world. While its name does not have Greek roots, "zoisite" does contain the Greek root word "*zoe,*" which means "life." This stone channels, activates, and delivers a powerful punch of life-force energy to help the bearer overcome depression, anxiety, and deep sadness.

### For the beginner

- Helps you stay grounded, allowing you to return to yourself—your center.
- Inspires your creativity and focus.
- Transmutes negative energy into positive. It magnifies happiness, appreciation, abundance, vitality, and growth.
- Helps you reclaim your sense of wonder about nature and the universe around you—leading you on a path of self-discovery.

### For the advanced practitioner

Zoisite has the power to dispel lethargy or laziness by providing internal strength and motivation. It allows you to come back to your childlike self, filling you with joy and possibility. Zoisite brings a sense of rebirth and regeneration to your energy flow and helps you understand the connection between your inner and outer worlds—how your energy flow can affect your physical body and even your surroundings. It supports you in shedding the norms of society to be your true and authentic self.

## ZOISITE'S MAGICAL MESSAGE FOR YOU

"Experience a renewed zest for life and manifest increased awareness of your soul's growth as you work with me. Feel yourself filled with joyful and creative energy that allows you to enjoy the moment for what it is and to see the gifts that every moment of life brings with it."

### Did you know?

Zoisite is said to restore vitality after radiation and chemotherapy treatments and support the physical creative process on all levels, from conception through to labor and birth.